**Footnotes**

1. Health Direct Australia, (n.d.), Healthy Sleep Habits, [online], Available at: <https://www.healthdirect.gov.au/healthy-sleep-habits>, [Accessed 20/10/20].
2. Better Health Channel Victoria, (n.d.), Sleep Deprivation, [online], Available at: <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/sleep-deprivation>, [Accessed 20/10/20].
3. Commonwealth of Australia (2019). *Inquiry Into Sleep Health Awareness In Australia* [pdf], Available at: <https://parlinfo.aph.gov.au/parlInfo/download/committees/reportrep/024220/toc_pdf/BedtimeReading.pdf;fileType=application%2Fpdf> [Accessed 15/09/20].
4. Australian HRM online (2017).*What are the risks of workplace fatigue?* [online], Available at: <https://www.hrmonline.com.au/section/strategic-hr/risks-workplace-fatigue/#:~:text=Reduced%20alertness%20due%20to%20workplace,to%20research%20from%20Monash%20University>. [Accessed 19/10/20]
5. Fair Work Ombudsmen (2020),*Fast Food Industry Award 2010,* clause 25.3 (Cwth), [online], Available at: [*http://awardviewer.fwo.gov.au/award/show/MA000003#P258\_21263*](http://awardviewer.fwo.gov.au/award/show/MA000003#P258_21263) [Accessed 18/10/20].
6. The Better Health Channel – State Government Victoria. *‘Shiftwork’.*<<https://www.betterhealth.vic.gov.au/health/healthyliving/shiftwork>>. Accessed 18 June, 2017.
7. Medic, G., Wille, M., & Hemels, M. E., (2017), Short- and long-term health consequences of sleep disruption, *Nature and science of sleep*, *9*, 151–161.
8. P. Afonso, M. Fonseca, J. F. Pires, (2017), Impact of working hours on sleep and mental health, *Occupational Medicine*, 67(5), July 2017, pp. 377–382.
9. Australian Bereau of Statistics, (2016), Census of Population and Housing: Commuting to Work, [online], Available at: <https://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/2071.0.55.001~2016~Main%20Features~Commuting%20Distance%20for%20Australia~1#:~:text=In%20Australia%2C%20the%20average%20commuting,than%2020%20km%20to%20work>, [Accessed 20/10/20].
10. Dorrian, Jillian et al. (2006), A pilot study of the safety implications of Australian nurses' sleep and work hours. *Chronobiology international*, 23(6), pp. 1149-63.
11. Australian Medical Association, (2017), One in two public hospital doctors working unsafe hours, [online], Available at: <https://ama.com.au/media/one-two-public-hospital-doctors-working-unsafe-hours>, [Accessed 20/10/20].
12. Centres for Disease Control and Prevention (n.d.),*Drowsy Driving*, [online], Available at: <https://www.cdc.gov/sleep/about_sleep/drowsy_driving.html#:~:text=Studies%20have%20shown%20that%20going,(BAC)%20of%200.05%25.&text=Being%20awake%20for%20at%20least%2024%20hours%20is%20equal%20to,blood%20alcohol%20content%20of%200.10%25>. [Accessed 18/10/20].
13. Kassam A., Cowan M., & Topps M., (2019), Lessons Learned to Aid in Developing Fatigue Risk Management Plans for Resident Physicians, Teaching and Learning in Medicine: An international journal, 31(2), pp. 136-145.
14. Civil Aviation Safety Authority, (2019), Fatigue risk management systems: A step-by-step guide, [pdf], Available at: <https://www.casa.gov.au/sites/default/files/fatigue-risk-management-systems-step-by-step-guide.pdf>, [Accessed 20/10/20].
15. Queensland Industrial Relations Commission, nurses and Midwives (Queensland Health and Department of Education) Certified Agreement, (2018), [pdf], Available at: <https://www.qirc.qld.gov.au/sites/default/files/2018_cb124.pdf?v=1542769199>, [Accessed 20/10/20].
16. Lesh, M., (2018), The Decline of Small Business: How red tape is undermining opportunity, prosperity and community, Institute of Public Affairs, [pdf], Available at: (<https://ipa.org.au/wp-content/uploads/2018/07/IPA-Report-The-Decline-of-Small-Business.pdf> [Accessed 23/10/20].
17. Frydenberg, J., (2020), Budget Speech 2020-2021, Liberal Party Australia, [online], Available at: <https://www.liberal.org.au/latest-news/2020/10/06/budget-speech-2020-21>, [Accessed 23/10/20].
18. Mutiarin D., Nurmandi A., Moner Y., (2018), Red Tape and Bereaucracy, Global Encyclopedia of Public Administration, Public Policy, and Governance, pp.1-6
19. Collins English Dictionary, (2010), Definition of ‘red tape’, [online], Available at: <https://www.researchgate.net/publication/325689830_Red_Tape_and_Bureaucracy>, [Accessed 23/10/20].
20. Laker, Ben & Roulet, Thomas. (2019). Will the 4-Day Workweek Take Hold in Europe?. Harvard business review. [pdf]. Available at: [file:///C:/Users/jac0007/Downloads/Willthe4-DayWorkweekTakeHoldinEurope.pdf](file:///C:\Users\jac0007\Downloads\Willthe4-DayWorkweekTakeHoldinEurope.pdf). [Accessed 19/10/20].
21. Collewet, M., Sauermann J., (2017), Working Hours and Productivity, Research Centre for Education and the Labour Market, pp.21
22. Transport Accident Commission Victoria, (n.d.), [online], Available at: <https://www.tac.vic.gov.au/road-safety/statistics/summaries/fatigue-statistics> [Accessed 19/10/20]
23. UK Government, (n.d.) Drivers' hours: rules and guidance, [online], Available at: <https://www.gov.uk/government/collections/drivers-hours-rules-and-guidance> [Accessed 19/10/20]
24. National Heavy Vehicle Regulator, (n.d.), Standard Hours, [online], Available at: <https://www.nhvr.gov.au/safety-accreditation-compliance/fatigue-management/work-and-rest-requirements/standard-hours>, [Accessed 20/10/20].
25. Victorian Government, (2004), Occupational Health and Safety Act 2004 (Vic), [pdf], Available at: <https://content.legislation.vic.gov.au/sites/default/files/2020-06/04-107aa033%20authorised.pdf>, [Accessed 20/10/20].
26. Government of Western Australia Department of Mines, Industry Regulation and Safety, (2019), Code of Practice: Fatigue Management for Commercial Vehicle Drivers 2019 (WA), regulation 4.4.1, [pdf], Available at: <https://www.commerce.wa.gov.au/sites/default/files/atoms/files/fatigue_122019.pdf>, [Accessed 20/10/20].
27. Western Australia Road Safety Commission, (2020), Don't trust your tired self, [online], Available at: <https://www.rsc.wa.gov.au/Campaigns/Don%E2%80%99t-trust-your-tired-self>,  [Accessed 19/10/20]
28. National Road Safety Strategy, (2018-2020), Fatigue, [online], Available at: <https://www.roadsafety.gov.au/action-plan/2018-2020/fatigue>, [Accessed 19/10/20]
29. Drink Wise, (n.d.), Is There Such a Thing as Safe Drink Driving?, [online], Available at: [https://drinkwise.org.au/drinking-and-you/is-there-such-a-thing-as-safe-drink-driving/#](https://drinkwise.org.au/drinking-and-you/is-there-such-a-thing-as-safe-drink-driving/), [Accessed 20/10/20].
30. Henderson T., Swann T., Excessive Hours, Unpaid Overtime and the Future of Work: An Update, (2017), Centre for Future Work at the Australia Institute, [pdf], Available at: <https://www.tai.org.au/sites/default/files/GHOTD_2017_Formatted_New.pdf>, [Accessed 23/10/20].
31. Department of Health, (2017), Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep, [online], Available at:  <http://www.health.gov.au/internet/main/publishing.nsf/Content/npra-0-5yrs-brochure>, [Accessed 20/10/10].
32. Walker, M. (2017), Why We Sleep, California: Scribner, [ebook], loc4970.