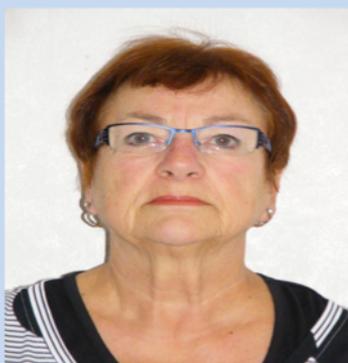




Sleep Times

NEWSLETTER

Message from your president



2013 is under way and many more people will have been diagnosed with Sleep Apnoea, and are hopefully using CPAP. Many will be struggling with this new piece of night time regalia. Others will still be struggling with extreme sleepiness and not have heard about sleep apnoea and the potentially fatal condition they have. These people need to hear about SAANZ and the support available for their condition. If you know of anyone who should hear this news, please pass on a copy of our newsletter and direct them to the website. www.sleepapnoeanz.org.nz

Elaine Bryant

World Sleep Day March 15th 2013



World Sleep Day is an annual event, intended to be a celebration of sleep and a call to action on important issues related to sleep, including medicine, education, social aspects and driving. It is organized by the World Sleep Day Committee of the World Association of Sleep Medicine (WASM) and aims to lessen the burden of sleep problems on society through better prevention and management of sleep disorders.

The theme of World Sleep Day 2013 is “Good sleep, healthy aging.” Research has shown that sleep is as vital to healthy growth in childhood — as well as aging well in late adulthood — as good nutrition and regular activity. Because we spend up to one-third of our lives sleeping, it’s wise to consider its effects on overall health.

Lack of sleep, or poor quality sleep, is known to have a significant negative impact on health, both in the short and long term. Poor sleep has been associated with obesity, diabetes, weakened immune systems and even some cancers, as well as many psychological conditions such as depression and anxiety.

World Sleep Day will be held on March 15, 2013, to help draw attention to the restorative, health-boosting effects of sleep. It truly is nature’s best medicine.

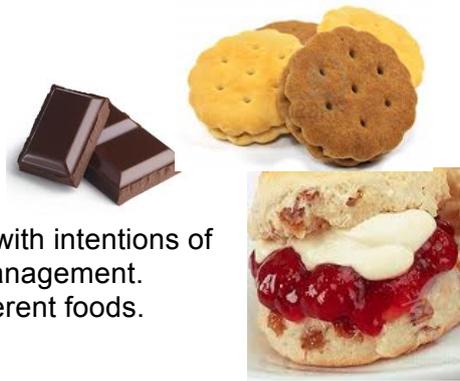
How to get involved

For more information on World Sleep Day or becoming a delegate, please visit www.worldsleepday.org.

Nutrition Corner

Food Cravings

It is not uncommon for people to have a food craving - something sweet with a cup of tea or chocolate after dinner. Why this happens no one is really sure but they can play havoc with intentions of trying to adhere to a healthy eating pattern or improve weight management. Physiological cravings are very seldom the reason we crave different foods.



Strategies to help manage food cravings:

1. Try and decide what is happening at the time of a craving.

Ask yourself how are you feeling at the time? Are you tired, bored, frustrated, stressed or upset? Many people find they turn to food for comfort to meet an emotional need.

2. Manage thoughts and emotions - develop a healthy relationship with food.

Food should provide fuel and nourishment and be enjoyed. The consequences of using food to control the way we feel results in feelings of guilt and disappointment, so it is important to find new coping mechanisms that do not revolve around food.

Keep a food diary – record what you eat, time and place and when you are most hungry and note how you are feeling at this time.

Identify the triggers - look at the situation and circumstances and consider your thoughts and feelings. Pinpoint the real issue so that you can work on strategies and solutions to satisfy feelings with the 'right thing' rather than food.

If the desire is so great you can't resist eating food. Think 'I can eat this food' but 'I will wait ten minutes'. If the craving still is strong – sit at a table and eat a very small serve slowly, think about what it tastes like and enjoy it. A little serve may be all you need.

3. Eat well balanced meals.

Poorly balanced meals result in hunger later in the day and a desire to satisfy hunger with less healthy foods. If at lunch you just have a chicken salad and no carbohydrate you are likely to feel very hungry mid-afternoon. Add a small serve of cooked pasta, rice, cannellini beans or a slice of wholegrain bread and you will feel satisfied for longer.

4. Avoid long periods of time with no food.

Eat three small meals over the day and if required a small healthy in-between snack to avoid periods of time feeling ravenously hungry.

5. Eat without distraction.

Sit at a table and avoid watching TV or reading so you can mentally process what you are eating. Devote your attention to the experience, enjoy the meal, the aroma and savour each mouthful.

6. Healthy environment.

Keep only healthy foods in the pantry - do not tempt yourself to fail by keeping foods that you may crave such as chocolate, biscuits and potato chips.

7. Think 'healthy eating' not 'a diet'.

There should be no foods that are forbidden or considered 'good' or 'bad' foods, which leads to guilt around foods and makes the desire to eat less healthy foods greater. Enjoy a healthy lifestyle, and eat in moderation.

'Thought For Food' Tip

We often need to look at changing our thought processes, the way we choose to think – try it but remember it takes practice and given time it will become a positive habit.

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GREEN LIGHT FOR INSOMNIA

(an interesting article from the “Sleep Disorders Australia” February newsletter)

Re-Timer Green Light Glasses

Change Your Sleep
Wake up when you want



A pair of ‘glasses’ that emit green light may help counter jet lag, insomnia and winter depression.

Professor Leon Lack, from Flinders University in South Australia, is the key inventor of the device called Re-Timer. Worn like a pair of glasses, Re-Timer emits a soft green light onto the eyes to ‘reset’ the body’s biological clock and help counter jet lag, keep shift workers more alert and get people out of bed by advancing or delaying sleeping patterns.

The biological clock is the internal regulator responsible for the timing of our daily sleep–wake patterns, alertness, activity and eating. Co-ordinated by the brain, this daily rhythm is set by light. Photoreceptors in our eyes detect sunlight, and signal our brain to be awake and alert.

Disruption of this rhythm can occur by staying indoors, traveling to other times zones, shift work, or a lack of sunlight during winter months. Re-Timer uses green light to stimulate the part of the brain responsible for regulating the 24- hour body clock.

Like adjusting the hands on a clock to gain the correct time, this green light therapy ‘re-times’ the body clock in a similar way.

People with insomnia have delayed body clocks that cause them to go to sleep too early or too late. Re-Timer can help shift the body clock back into synch with the day–night cycle. For those wanting to go to sleep earlier in the evening, the glasses would be worn after waking in the morning to advance the body clock, and for those who want to wake up later, the glasses would be worn before bed to delay the body clock.

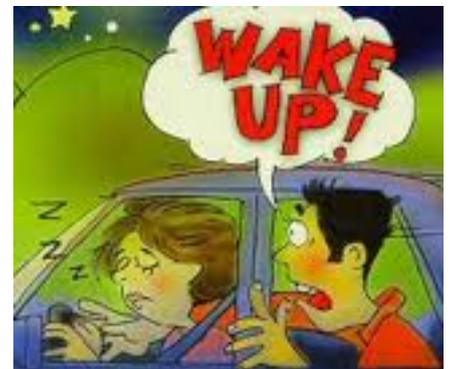
The glasses can also help people overcome jet lag more quickly as well as counter winter depression when there is not enough light available and people get depressed.

NB. SAANZ brings this article to you merely for your interest. We are not promoting their use but if anyone is interested in finding out more information an internet search for “Re-Timers insomnia” will find further material.

NZ Sleep Apnoea Sufferer Has Driver’s Licence Cancelled

All the signs of a problem – now the reality.

Recently we received an email from a New Zealander who had found our website while searching for more information on sleep apnoea after being pulled over by a police officer while driving his car. Imagine his surprise and horror to be told that he was driving illegally as his driver’s licence had been cancelled earlier in the year after notification had been sent notifying NZ Transport Agency that he had not been meeting the requirements for CPAP use to control his sleep apnoea. If that’ not bad enough his car was impounded on the spot. If you thought this could never happen to you, think again.



We do not have the full details of the case, but this is a timely reminder to all our members, that proper treatment of sleep apnoea is more than just a personal option. NZTA have a section on medical requirements on their website which states:

“For the safety of everyone on our roads, all drivers must be medically fit to drive. You have to prove that you are medically fit every time you apply for, or renew or replace your driver licence. Mostly, this

simply involves a declaration of any medical conditions. But we may require you to obtain a medical certificate where a condition you have may affect your ability to drive safely.”

The information continues:

Declaring medical conditions

You have to complete a medical declaration when you complete any driver licence application form.

This asks you to declare any conditions that may affect your ability to drive safely, including:

- [Diabetes](#)
- Locomotive joint or limb problems
- Strokes
- Nervous or mental disorders
- High blood pressure
- [Seizures, fits, convulsions, epilepsy](#)
- [Serious injuries \(eg, head or spinal injuries\)](#)
- [Visual disturbances \(eg, cataracts, double vision, glaucoma\)](#)
- Cerebral vascular accidents/disease
- Cognitive impairment
- Any other condition that may affect your ability to drive safely, including [fatigue](#), [disabilities](#) and conditions such as [dementia](#)

The NZTA Information section for Medical Practitioners re sleep apnoea has this to say:

When driving should cease

Driving should be restricted or cease for individuals who meet the high-risk driver profile, as follows:

- are suspected of having OSA where there is a high level of concern regarding the risk of excessive sleepiness while driving while the individual is waiting for the diagnosis to be confirmed by a sleep study
- complain of severe daytime sleepiness and have a history of sleep-related motor vehicle crashes or there is an equivalent level of concern
- have a sleep study that demonstrates severe OSA and either it is untreatable or the individual is unwilling or unable to accept treatment.

When driving may occur or resume

Individuals may resume driving or can drive if their OSA is adequately treated under specialist supervision, with satisfactory control of symptoms. The Agency may impose licence conditions for regular medical assessment. Medical follow-up may be delegated to the General Practitioner.

So, the time for assuming that everything will be OK is now passed. The medical profession has a responsibility and will act if apnoea treatment is non-existent or inadequate. This is all for good reason as lives are being lost needlessly because of undiagnosed or untreated sleep apnoea.

SAANZ are seeking discussion with NZTA to try and ensure that effectively treated sleep apnoea does not become grounds for licence cancellation. This may include treatment other than by CPAP. Currently your CPAP record is the only means of proving effective treatment. We will keep you posted as further information comes to hand.

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