



Sleep Times

NEWSLETTER

President's Message



Greetings Members,

Another year has commenced and your Committee welcomes you to SAANZ for 2016. I hope that this year is a positive one for you with many of the questions or issues you may have about OSA being able to be resolved to your satisfaction.

As outlined to you, your Committee has determined upon a change of delivery of our services and information to you. Rather than travelling to various regional centres and holding interest group meetings we will endeavour to develop our web page to provide quality and relevant information and also to become a forum to answer any questions that you may have. Please do make use of the web page information.

Our Annual General Meeting was held in November at the premises of Fisher & Paykel Healthcare who kindly made their premises available to us, provided very interesting speakers and an excellent supper. Thank you Fisher & Paykel Healthcare.

Regrettably only two members chose to attend.

We were privileged to be able to welcome to our meeting Warren Jones, who advanced some interesting and also important proposals for our consideration. The thrust of the proposals was to advance the profile of SAANZ and also of OSA generally in the range of respiratory issues. I hope that we can work with Warren during this year to obtain the health recognition for OSA which is currently lacking. So watch this space.

Sleep well.

Michael Matson

SAANZ AGM and Support Meeting

The SAANZ AGM was held at Fisher & Paykel Healthcare on November 25th. The previous committee were re-elected and will be filling the same positions for a further year. Several members have announced their decision to only stand for one more year, so if the organisation is going to continue we need some new people to come along and share the load. Please contact one of the committee if you have a little time to spare to help out.

Respiratory Achiever Awards

These awards celebrate and honour the success of New Zealanders achieving great things despite living with a respiratory condition. Achievements can be in areas such as sporting, leadership, academic, cultural and community.

The award categories are:

Asthma 5-12 years old
Asthma 13-18 years old
Asthma adult
COPD (Chronic Obstructive Pulmonary Disease)
Other respiratory conditions (including cystic fibrosis, bronchiolitis and bronchiectasis)



All nominations will also be eligible for the Cody Forbes Award.

If you know anyone who meets the criteria, you can nominate online or download forms at www.asthmafoundation.org.nz. Entries close 29 February 2016.

Interrupted sleep linked to poor mood **Another reason for OSA sufferers to use CPAP**

Sleep quality may be more important than sleep quantity per night, research from the US suggests. The study found being woken several times during the night can be more detrimental to mood than getting a less amount of sleep without interruption.



62 randomly selected male and female participants were subjected to forced awakenings, delayed bedtime or uninterrupted sleep for three consecutive nights. Each completed a mood assessment questionnaire before bedtime to measure positive and negative emotions. Polysomnography sleep tests were used to monitor brain activity and assess the sleep cycle.

Subjects enduring eight incidents of forced awakening, along with those subject to delayed bedtimes, experienced low positive and high negative moods. The most significant changes occurred after two nights, when the forced awakening participants experienced a 31% decrease in positive mood, and the delayed bedtime participants experienced a decline of 12%. There was no significant change to negative mood, suggesting interrupted sleep is the most detrimental to positive mood. The forced awakening group had shorter periods of deep slow-wave sleep compared with the

delayed bedtime group. The researchers found a lack of adequate slow-wave sleep produced a significant statistical link with decrease in positive mood, and interrupted sleep affected different aspects of positive mood. It is not only reduced energy levels, but also feelings of sympathy and friendliness.

The study was produced in the November edition of Sleep

Nutrition Corner

New Year Resolution time - are you still battling to lose unwanted kilos?

Christmas is over and have you noticed that the amount of advertising material stuffed into the letterbox has decreased, but the ads for diets on TV, radio and newspaper etc have really blossomed. The bandwagoners are all out to capitalise on this tendency to set New Year Resolutions around weight loss. There are all the latest effortless ways to lose weight, free giveaways (that come loaded with traps to buy something expensive long term) and a whole lot of hype that ends up making us feel guilty as well as overweight. However, at risk of you tossing this in the bin before you read further, I thought I would share with you some of my health journey over the past 6 months.



I retired from work at the end of 2014 to try and give myself some time to work on a few issues that were affecting my lifestyle. Being overweight was part of that, but the greatest motivator was stiffening up in the joints and a decreasing ability to walk any great distance and move freely without pain. My type 2 diabetes was sort of under control but I was finding it more difficult to keep it that way on three Metformin tablets a day. I wanted to reverse this and be able to keep up with the grandkids more easily.

I got busy on the internet and found a lot of information about the fallacy of low fat diets, and how the focus on this has led the food industry to boast low fat claims, but not tell us that more sugar and salt were added to make food palatable. So not only are fizzy drinks and cake piled with sugar, but almost any food in a packet or tin, will likely have had sugar and salt added. So, with the help of some experts in their field, I started on a diet higher in "good" fats and protein, and eliminated virtually all processed foods and sugar from my diet. Porridge and yoghurt disappeared off the breakfast menu to be replaced with steamed vegetables and two eggs followed by a full milk coffee (I buy raw unprocessed, unpasteurised full fat milk via an organic farm). Morning and afternoon tea included a small handful of brazil and cashew nuts (soaked overnight then slow dried on a low oven setting to break them down into a form our digestion can handle). Lunch in the winter was home made vegetable soup made with bone broth, and in the summer a salad with tinned salmon and avocados. Dinner at night as previously but omitting the starchy vegetables - no potato or kumera. I felt better, lost about 6kgs in 6 weeks and my blood sugar levels reduced to the extent that I am now off Metformin completely and my 3 monthly tests show ever increasing improvements. However, after a bit the weight loss slowed as usual, so back to the internet for more reading and I also attended two seminars about eating for health.

The main message from the seminars was that the increase in plastic packaging for our food, some of which releases BPAs into the food, along with chemicals in deodorants, shampoos, hair colour and many other daily use products, not to mention spray applied to our fruit and vegetables to stop bugs spoiling their appearance, and a move to more and more manmade materials in our homes, is all amounting to an increase in toxins that our bodies struggle to deal to. Along with more stressful lifestyles that influence the health of our thyroid, our bodies are coming under increasing toxic load with weight gain, inability to lose weight and various health issues resulting. Did you know that any overload of toxins that our liver can't process, has to be stored away to prevent harm to our bodies, and so it gets stored in fat cells. Once stored there our bodies are reluctant to release the toxins unless they have a means to eliminate them from the body. Unless we change something in our eating habits and lifestyle, the liver is busy coping with the new load and can't handle the backlog - so the fat cells are retained. To shift the fat we need to shift the toxins, and so I have experimented with doing a very comprehensive liver detox diet - and its working - I'm currently 9 days in on the two week detox, and in that time have lost 5kgs. Only time will tell the long term benefits, but I'm feeling optimistic.

For the two weeks you completely eliminate ALL tea and coffee, sugar, processed foods, dairy products, grains and cereals (so NO bread), starchy vegetables (potato, carrot, kumera, pumpkin), nuts and seeds, many spices and SALT! Instead you eat protein, green leafy vegetables, tomatoes and capsicums, smoothies that look like dirty ditch water, drink litres of very dilute cranberry water and consume a couple of large supplement tablets daily. Add to this a couple of 30 min walks per day (although I do one 5Km walk instead). Life is no picnic - without salt the food is bland and for the first few days you feel a bit shaky and meals are more an endurance than an enjoyment. I'm certainly looking forward to adding salt and a few other things back into my diet next week, but will leave some things such as bread and potatoes out of my life now that I have made the adjustment. If it sets me on the path to long term sustained weight loss it will all be worth it. I'll keep you posted. Please note that this is a personal account and not intended as advice for others - just something to think on. Anyone wanting more information is welcome to contact me by email or phone.



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Fitness Tip

I have discovered a great new phone app that keeps me motivated about getting out for a walk five times a week. It's called "Map My Walk" and can be downloaded onto iPhones or Android phones free, or if you are keen on other forms of exercise you can download "Map My Fitness" instead. You set it to record and map your walks, and as you go it talks to you every kilometre and provides you



with information about your distance and pace, and tracks your walk pictorially on a map. At the end of your walk you save the recording and it accumulates all your data, letting you know how often you have been out for a walk, how long each walk lasted and accumulates your kilometres. This gives you the chance to really see the improvements, and gets you keen to up the distance or the pace.



It also provides you with route options for wherever you happen to be in the world, with distance and basic terrain information. Not only that, you can link up with friends and set yourself personal or group goals, or join online challenges that really get you motivated when you are sitting in your chair wondering if you can make the effort today. When you have got into the top 10% of 61,000 people undertaking the challenge it is a real motivator to get up and go. Just search for it in your app store.

If you don't have a smart phone, there are various health and fitness trackers available for a little over \$100, or you could buy a cheap pedometer that counts your steps throughout the day.

Q&A - questions submitted via the website and support meetings

Q: I am writing about a baby in my wider family in Auckland, who has been admitted for sleep apnea many times, and so far they have been unable to effectively stop the episodes. Is there support for the worried parents?



A: It is not uncommon for babies to suffer from Sleep Apnoea, but it is usually Central Sleep Apnoea, not Obstructive sleep apnoea. That means that the part of the brain responsible for triggering breathing, is not yet sufficiently mature. Consequently it will resolve as the baby gets older. You will need to discuss this with the paediatrician, as they will have a better idea of how long this will take, but certainly by 6 months the baby should be breathing normally at night. It is in these situations that special monitors are usually used in the cot at home to alert parents of any episodes of apnoea. However, after 6-9 months (check with paediatrician), this should be unnecessary. So, it is usually purely a case of waiting, and it will resolve. Reply by Dr Alex Bartle, Sleepwell Clinic

As an organisation we do not provide medical advice, but we do have contact with professionals who can answer questions. In this section we share answers to questions that have been submitted. If you have a question it should be submitted by email to saanz.editor@gmail.com, via the contact form on the website or posted to P.O. Box 88, Hamilton, 3240. All questions will be handled confidentially so there is no need to feel sensitive about your condition being made public. No names or locations will be revealed.

Also check out the website – a pdf of FAQs has been uploaded at the bottom of the Information page. http://www.sleepapnoeanz.org.nz/osa_information.shtml

Website Update - your chance to input what you want

At the last committee meeting we discussed topics for the website update. The following list will be our starting point but please do let us know if there are other topics you would like to see covered - contact the editor or any committee member.

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| Mask leaks - causes and solutions | Battery operated options and camping |
| Colds and blocked noses | Preventing drying out of nasal passages |
| Humidity regulation | Financial support |
| Diagnosis and treatment options | Signs and symptoms |
| Replacement parts and consumables - where can we get them | |
| Machine testing - is it necessary? | |
| Travelling overseas with CPAP and long haul flights - AirNZ Security etc. Cruises. | |

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The printing and distribution of this newsletter was funded by Fisher & Paykel Healthcare NZ.

We thank them for their continued interest in and support of SAANZ.