



Sleep Times

NEWSLETTER

President's Message

Greetings Members,

At our last SAANZ Committee Meeting, Lance Bickford and Warren Jones updated your Committee on progress they were making with the NZ Sleep Health Foundation, an organisation, they are instrumental in forming and which is intended to be a vehicle to make people more aware of Sleep health issues and to lobby the government and health organisations for a more reasonable share of the health funding. SAANZ is interested in following the growth of this organisation as greater publicity of sleep issues can only be of benefit for our own organisation.



Just a reminder to all members that you still have access to individual support if you have any queries or issues with OSA and CPAP. You can contact us via the website, direct by email or phone 021344253. All queries will be handled confidentially with medical advice gained from our medical advisor or product specialists. No need to wait for a support meeting to get support.

Keep healthy and sleep well.

Michael Matson

AGM Votes Against Trialling Free Subscriptions for 2016-17 year

In the last newsletter we said that the committee were keen to move to \$0 subscriptions for 2016-17, and a motion to this effect was placed before the Annual General Meeting. However, members who were present felt that this was not a good move for the organisation, and that it would be better to use subscriptions to reduce the administration work of the committee to a more manageable level. Ideas were put forward to spend money on getting our website automated to invoice members, receipt money and update memberships, and to feed email addresses into Mail Chimp for easy distribution of the bulk of the newsletters. Software was suggested for achieving this and the name given of a person who could do the necessary automation of the website. In the end the motion to have \$0 subscriptions was reluctantly withdrawn, and the committee pursued the option for automation of the website. This is now occurring, and will hopefully be completed prior to distribution of this newsletter, so that we can set out the process.

In future, subscriptions will become due for renewal one year after the date paid, and you will receive an automated invoice at the time that this becomes due. For those who do not have email, these will be printed and posted out, but most members will receive the email version.

Some members have paid a donation to the organisation in the period when subscriptions would normally be paid, and where these are greater or equal to the subscription, these people will not receive a subscription request until one year from the date of that donation. All other members will receive an invoice as soon as soon as the system is in place, and will have a month to pay before their membership will become inactive.

We have set up Pay Pal for the payment of subscriptions online using credit or debit cards, and this will automatically update your membership. Payment details will be included on the invoice. Where necessary subs can be paid by cheque but these will require manual processing and updating. Donations can be made with subscriptions via Pay Pal or by cheque.



Receiving your newsletter by email

In future newsletters will be sent out using Mail Chimp where members have indicated that they can receive by email. Mail Chimp is online software that can send out bulk emails that enter your inbox without being deemed to be spam and thus sent to your Spam Inbox. We are in the process of setting this up, and as soon as that occurs we will send this February newsletter to you via Mail Chimp as a check that the system is working for people. To increase the chances of this working please add our email address saanz.editor@gmail.com to your email address book. If you do not receive this newsletter via email before the end of February, please check your Spam box and if you do find it there, mark it as “not spam” and otherwise let us know if it has not been received - email saanz.editor@gmail.com

Newsletters will still be sent out by standard post for those who do not have email indicated as their preferred option, but we hope this number will be considerably reduced in future. If newsletter costs are reduced, Fisher & Paykel Healthcare will be able to transfer this financial assistance to other projects within the organisation. We thank them for this continued support.

Best Tips For Good Sleep

While most of our members belong to SAANZ because they suffer from sleep apnoea, there are probably also many who struggle to get a good night's sleep even with treatment, possibly because of the disturbed sleep patterns during their undiagnosed and treated phase of sleep apnoea. Here are a few reminders that will help those struggling to get in their 8 hours sound sleep per night.

1. **Avoid Late-Night Screen Time:** In today's tech-heavy world, it seems impossible to tear ourselves away from our gadgets and gizmos even long enough to grab some shut-eye. However, playing on a smartphone or tablet, working on the computer, or watching television late at night gets our brain stimulated and active, making it harder for us to go to sleep. Also, our mind is occupied by thoughts of work, social media platform updates, and the plot of our favourite television drama, all of which keep our mind from shutting down for sleep.



2. **Your Bedroom is for Sleeping:** If you make it a habit of doing other things in bed, such as eating, studying, or reading, then your body won't associate the bedroom with sleeping. A dark room with a comfortable bed should induce sleep, but if we are constantly in the bedroom, it becomes harder to wind down for restful sleep, as we're half-expecting to start doing something else at any moment. Save your bed for partner time and sleep only.

3. **Be Consistent in Your Choices:** Although some people function normally with non-regular sleep schedules, it has been shown that establishing a firm routine in your sleep patterns is key. Given the recent changes to the traditional “workday” and the prevalence of working from home and freelancing, it becomes easier to manipulate our schedules to our convenience. This can make it hard for our body to find a comfortable pattern. Try to go to bed and rise at the same time of day, when possible, if you are suffering from sleep deficiency or a sleep disorder.

4. **Avoid Stimulating Chemicals:** We often rely on coffee to wake us up in the morning, and maybe push us through the day. Energy drinks and supplements have also become very popular to squeeze out every drop of energy from the day, but this can also wire us well into our scheduled bed time. We may need to wake up at the same time the following day, but the chemicals we've infused our body with won't let us fall asleep. Cut back on that third cup of coffee in the afternoon and eliminate energy drinks to see if your sleep patterns return to normal.

5. **Exercise Regularly:** Expending excess energy will increase the body's demands for rest, often superseding any mental issues that are keeping you awake. If you regularly exercise in the morning or afternoon, your body will be ready for and need a restful sleep at night. Late-night exercising, however, can have a similar effect as late-night screen time – keeping your mind and body active well into your intended bed time.

6. **Throw Away Your Alarm Clock:** The jarring nature of the alarm clock can be very disruptive for sleep patterns and start the day in an uncomfortable way. Having progressively louder alarms on a particular time pattern can help ease one out of slumber and start the day in a positive way, rather than slamming an angry, exhausted hand for the alarm clock. Eventually, your body may even train itself to wake up a few minutes before the set alarm time, which is the most peaceful and natural way to wake up! And while you are at it - throw out that digital clock on the bedside table and keep electrical appliances off as much as possible in the bedroom.

7. **Meditation and Visualization:** If you're suffering from sleep problems, some alternative remedies can be meditation and visualization. Meditation helps soothe the mind and clear out distracting thoughts, while visualization can be a powerful tool in bed when your mind is going a million miles an hour. Visualize peaceful, restful sleep, and it will soon come to you!

8. **Take a Short Nap When You Need It:** Using naps sparingly throughout the day, when your body demands it, can be beneficial, particularly if you struggle to sleep for a solid 8 hours straight. Short catnaps can energize us for the day, eliminating the need for chemical stimulants, and also ensure that the final sleep of the day we get is restful and invigorating. Do not nap for more than 20 minutes at a time however and this can disrupt your nighttime sleep routine.

9. Cut Down on Alcohol and Cigarettes: Alcohol may help you “pass out”, but that isn’t restful sleep, and has a bevy of other health impacts that one would rather avoid. Similarly, the calming nature of a cigarette may seem ideal before you close your eyes, but cigarettes and nicotine are stimulants, technically making it harder for your pulse to slow and your mind to prepare for sleep.

10. Eat Wisely: Eating large meals late at night is unwise. The old midday main meal and light tea meal were much easier on our system, but may not be practical today. However, society dining hours on a regular basis will disrupt sleep so where practical eat early and don’t over indulge.

11. For sleep apnoea sufferers, before you turn out the light, put on your mask and keep it on until it is time to get up in the morning. This then becomes part of your sleep routine and signals the brain that it is time for sleep.

Nutrition Corner

Not everyone has the option of having lunch at home, so here are some ideas for healthy packed lunches for those working, travelling or still at school. A great idea is to cook a little extra for your evening meal to pop into a lidded container to take with you the next day. Try and have some protein, healthy fat and vegetables at all meals as the protein and fats keeps you feeling satiated for longer.

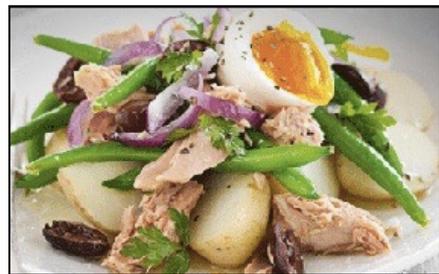
Warm tuna and bean salad (serves 2)

Ingredients

- 1 Red onion, thinly sliced
- 1 Canned tuna, flaked
- 1 clove Garlic, finely chopped
- 1 handful Olives
- 1 handful Flat leaf (Italian) parsley, leaves
- Olive oil
- 4 Baby potatoes, steamed
- 1 handful Green beans, steamed
- 2 Eggs, soft boiled, poached or hard boiled

Method

Saute red onion, garlic, flaked tuna, olives and Italian parsley in olive oil. Spoon over hot baby potatoes and green beans. Top with a soft-boiled, poached or a hard-boiled egg.



Salmon cakes with pickled fresh cucumber ribbons (serves 4)

Ingredients

- 2 Agria potatoes, large, boiled
- 50g Butter
- 2 Spring onions, finely chopped
- 2 tsp Tarragon, fresh, chopped
- 1 Lemon, for juice and zest
- 3 Eggs
- Salt and freshly ground black pepper
- 250g Smoked salmon, (hot) or grilled salmon, flaked
- 2 Tbsp Butter
- 2 cups Panko breadcrumbs
- 2 Tbsp Avocado or olive oil
- Parsley, and lemon wedges for garnish



Pickled Fresh Cucumber Ribbons

- 1 Cucumber, medium sized
- 1 tsp Dill seeds
- 1 tsp Sugar
- 1 tsp Salt
- ½ cup White wine or apple cider vinegar
- Ice cubes

Method

Mash the cooked potatoes with the butter in a bowl. Add the spring onion, tarragon, lemon zest and juice. Mix well until chunky but combined. Add one of the eggs, season with plenty of salt and pepper, then mix well before folding in the flaked salmon. (A food processor can be used to get to this stage, but pulse the machine instead of running the motor continuously, as you want to avoid creating a smooth, almost emulsified texture.)

With wet hands, form the mixture into 12-15 small patties.

Beat the remaining eggs in a small bowl, and put the panko crumbs onto a shallow plate.

Dip each cake into the egg mixture, then roll it in the crumbs to cover and coat evenly. Place on a clean plate, then cover with plastic wrap and refrigerate until needed.

To cook the cakes, melt a little butter in some olive oil in a heavy frying pan and gently cook them until golden on both sides. Serve at once garnished with parsley and extra lemon wedges, and the following cucumber ribbons.

Peel the cucumber very thinly, then discard the peel.

Use a potato peeler to create large ribbons of cucumber, working your way around the edges and avoiding the seedy interior.

Put the ribbons into a glass or stainless-steel bowl with the dill seeds.
Combine the sugar, salt and vinegar and stir until the sugar has dissolved.
Pour the mixture over the cucumber. Add some ice cubes to ensure the cucumber remains crisp.
Leave for at least 30 minutes before serving.
To serve, pour off the excess liquid and place the ribbons alongside the salmon cakes.

Egg wraps with prawns, bean sprouts and aromatic herbs

Wraps

3 Eggs, whites
1 dash Grapeseed oil (or olive/avocado oil)

Filling

10 Prawns, cooked and chopped (or other seafood/meat of your choice)
1 cup Bean sprouts
½ cup Coriander
2 Tbsp Shallots, finely sliced
1 Tbsp Lemongrass, finely sliced
¼ cup Mint, finely shredded



Directions

To make thin egg wraps, whisk egg whites in a bowl with a fork. Heat a small non-stick frying pan over a medium heat and brush with grapeseed oil. Pour in some egg, moving the pan around to achieve a thin layer of egg. Turn after a few minutes to cook the other side, then remove to a plate. Cook remaining egg mix in the same way to make around 8 wraps.

Mix together prawns, bean sprouts, coriander leaves, shallots, lemongrass, kaffir lime leaves and mint.

Place an egg wrap on a board, place some filling on the bottom third and drizzle with 2-3 tsp of nam jim dressing. Roll up and slice to serve for lunch.

Fitness Tip

Being active doesn't mean having to spend hours at the gym. You can find ways to work exercise into your life doing things that you love. Pick an activity that you enjoy doing, like going for a walk, gardening, dancing, or something new you haven't tried before. You'll be getting your daily exercise and barely noticing it!

Having a consistent fitness routine is an easy way to make activity part of your daily life. When planning your exercise, aim for SMART moves (specific, measurable, attainable, realistic, timely): pick a time, place and activity that fits into your life and stick with it! Find three places in your schedule during the week where you can fit in fitness. It may be in the morning, during your lunch break, or before dinner - avoid later in the evening.

Also, you can try to sneak in exercise whenever you can by getting off the bus one stop earlier, taking the stairs, or doing squats or crunches during a TV commercial. You'll be surprised how quickly these small changes add up. In the course of a week, try to spend about a half hour, three or more days out of the week, doing something you love that is physically active.

Don't worry if you can't find the time for 30-60 minutes of physical activity; exercising for a shorter amount of time twice a day can be just as effective as doing your whole workout at once. A study at the University of New Hampshire found that exercising twice a day for 15 minutes can also improve lung capacity more than a single, half hour session. Plus, it's a great way to get in all your activity if one session seems too daunting!



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

Q We have a motorhome and like to go freedom camping. At present we can only do this for one night at a time. Are there any CPAP options for campers?

A We have a section about this on our website. Check this out at http://www.sleepapnoeanz.org.nz/portable_cpap.shtml Please note the underscore between portable_cpap

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.

Check out the website questions section http://www.sleepapnoeanz.org.nz/frequently_asked_questions.shtml

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