

February 2019

President's Message

Greetings Members,

A belated Happy New Year to you all.

A successful AGM was held last November with 13 people in attendance. You will be pleased to know that subscriptions will remain at \$0 for the current year.

A committee of 7 members was elected as follows:

President: Jill Hammonds

Committee: Rod Bryant (Sec/Treasurer), Sherry Taylor, Rachel Lehen, Dave Scott, Carolyn Santiago & Lance Bickford. Unfortunately Lance has resigned since the meeting. Positions within the committee are yet to be established.

The committee met in Auckland in February and are currently in the process of drafting a development plan for the year ahead. Details of this will be posted in the next newsletter in May, but meantime we would like to seek your input into the services you would like to see SAANZ address. We do not currently have the manpower to organise support meetings throughout the regions, but consideration will be given to a variety of ways that support can be delivered and how this could be funded if assistance is required from beyond committee resources. We also plan to update the website as one of our projects for the year, so please also provide us with feedback about what you would like to see there in the survey detailed below. As part of the upgrade we will make the website suited to access from mobile devices including smart phones.

Keep healthy and sleep well.

Jill Hammonds
President / Editor



SAANZ Survey 2019

We are currently in the process of reviewing how SAANZ provides support to Sleep Apnoea sufferers. We need your input with this and to this end have created an online survey that will take you about 5 minutes to complete. We hope that we will get a full response so that we know your thinking. Please click on the link below to access the survey, complete your answers and then click the Submit button at the end **before 25th March**.

<https://goo.gl/forms/wz4knYswAbmhyaS72>

For those receiving the newsletter in hard copy we have included a paper copy of the survey and ask that you **post this back to P.O. Box 88, Hamilton 3240 by 20th March**.



Thank you for taking the time to help us.

Celebrate World Sleep Day on March 15th To Advance Sleep Health Worldwide

World Sleep Society is issuing a global call to action about the importance of healthy sleep. Friday, March 15, 2019 is the 12th annual World Sleep Day®. Created and hosted by World Sleep Society, [World Sleep Day](#) is an internationally recognised awareness event bringing researchers, health professionals and patients together to recognise sleep and its important impact on our health.

World Sleep Day 2019 will incorporate the slogan, 'Healthy Sleep, Healthy Aging,' intended to emphasise the importance of sleep in overall health at any age. This focus is purposefully broad in meaning, surrounding the message that quality of life can be improved with healthy sleep. Conversely, when sleep fails, health declines, decreasing quality of life. Sound sleep is a treasured function and one of the core pillars of health. World Sleep Society has compiled ten tips for healthier sleep:

Adults:

1. Establish a regular bedtime and waking time.
2. If you are in the habit of taking siestas, do not exceed 45 minutes of daytime sleep.
3. Avoid excessive alcohol ingestion 4 hours before bedtime, and do not smoke.
4. Avoid caffeine 6 hours before bedtime. This includes coffee, tea and many sodas, as well as chocolate.
5. Avoid heavy, spicy, or sugary foods 4 hours before bedtime. A light snack before bed is acceptable.
6. Exercise regularly, but not right before bed.
7. Use comfortable, inviting bedding.
8. Find a comfortable sleep temperature setting and keep the room well ventilated.
9. Block out all distracting noise and eliminate as much light as possible.
10. Reserve your bed for sleep and sex, avoiding its use for work or general recreation.

Children:

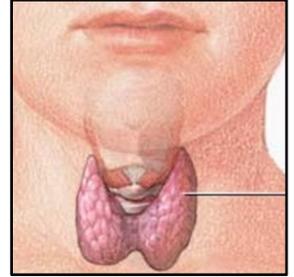
1. Make sure your child gets enough sleep by setting an age-appropriate bedtime (preferably before 9:00 pm or 21:00 hours) and waketime*.
2. Keep a consistent bedtime and waketime on weekdays and weekends.
3. Establish a consistent bedtime routine and recommend wearing comfortable clothes in bed, including strong absorbing diapers for infants.
4. Encourage your child to fall asleep independently.
5. Avoid bright lights at bedtime and during the night and increase light exposure in the morning.
6. Keep all electronics, including televisions, computers, and cell phones, out of the bedroom and limit use of electronics before bedtime.
7. Maintain a regular daily schedule, including consistent mealtimes.
8. Have an age-appropriate nap schedule.
9. Ensure plenty of exercise and time spent outdoors during the day.
10. Eliminate foods and beverages containing caffeine, including many sodas, coffee, and tea.

* TABLE OF RECOMMENDED SLEEP AMOUNTS

AGE	SLEEP NEED
3-12 months —	14 to 15 hours
1-3 years —	12 to 14 hours
3-5 years —	11 to 13 hours
6-12 years —	10 to 11 hours
12-18 years —	8.5 to 9.5 hours

Is Your Thyroid to Blame for Your Continuing Sleep Issues?

Many people think that once their sleep problems are treated with CPAP that they will miraculously sleep soundly every night and be full of energy during the day. While this is the case for some, others have lingering sleep issues and continue to be tired by day. At least you can rest assured that your body is getting the oxygen that it needs at night.



Sleep problems like insomnia can be caused by many different factors, including poor [sleep hygiene](#) (routines for ensuring good sleep), chronic pain, acid reflux, and depression. But did you know that your issue could also be triggered by a small gland called the thyroid? The thyroid is responsible for regulating an important hormone that keeps your body warm and help organs function properly. If your thyroid isn't working correctly, it can cause a lot of problems, including getting in the way of your sleep. There are two types of thyroid conditions: overactive or underactive. How the gland impacts your sleep depends on which condition you have.

Hyperthyroidism

When your gland produces too much thyroid hormone, this is known as hyperthyroidism. The condition causes different bodily functions to speed up, leading you to feel wired and jittery. Symptoms may also include feeling anxious and experiencing a racing pulse, making it hard to get into a relaxed state. As a result, people who have hyperthyroidism may have trouble sleeping. When the condition first occurs, it might not seem like a problem since an overactive thyroid makes it seem as though you have endless energy, thanks to a revving metabolism. That sensation is short-lived, however, and as time goes on, you'll start to feel really tired.

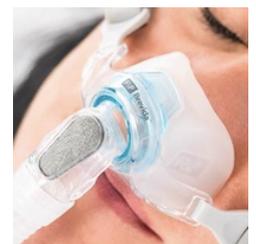
Hypothyroidism

When the thyroid gland is underactive and not producing enough thyroid hormone, this is known as hypothyroidism. The lack of this important hormone causes processes throughout the body to slow down, making you feel tired more easily. For people with this condition, even a solid seven to nine hours of sleep at night doesn't shake the constant sense of exhaustion. Some sufferers also report feeling like they are stuck in a fog or haze, without the ability to think sharply.

The good news is that for many people with a thyroid disorder, medication can help reduce negative symptoms and improve sleep issues. See your doctor if you're concerned: A simple blood test can determine if you have the appropriate levels of thyroid hormones in your body.

Is Your CPAP Mask Too Tight?

One of the regular phone calls and emails I get, is from people having trouble with their mask leaking. They get cold air whistling from the side of their mask that wrecks sleep for them and their partner. The automatic response to this problem is to tighten the mask straps, but now in addition to the leak you have marks on your face in the morning and eventually soreness.



In actual fact you usually need to loosen the straps rather than tighten them to overcome mask leaks. Tightening the straps just pushes the soft silicon mask out of shape, thus creating more leaks. Your mask should sit securely but comfortably on your face without feelings of pressure.

A timely reminder at this point also, that if you are having problems sleeping with CPAP you can phone SAANZ on 021344253 or email saanz.editor@gmail.com to get help with any issue. If the problem is of a medical nature we will refer your query on to our medical advisor. Please don't call after 9pm and if there is no reply leave a message with your phone number and I will get back to you.



Nutrition Corner

Is this section useful? Please let us know in the survey as we are thinking about phasing it out.

27 Healthy Food Tips That Are Actually Evidence Based

- Don't Drink Sugar Calories. ...
- Eat Nuts. ...

- Avoid Processed Junk **Food** (Eat Real **Food** Instead) ...
- Don't Fear Coffee. ...
- Eat Fatty Fish. ...
- Get Enough Sleep. ...
- Take Care of Your Gut **Health** With Probiotics and Fibre
- Drink Some Water, Especially Before Meals.
- Read the full article at <https://www.healthline.com/nutrition/27-health-and-nutrition-tips>
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Fitness Tip

There are ways you can incorporate exercise into your day without having to go to the gym. Think about it... are you really too busy to boost your overall health, lift your mood, prevent disease and increase your energy? The benefits of exercise are endless. If your apnoea is weight related then every bit of exercise is going to at least work to maintain your current pressure levels and may even reduce them.

1. Skip the elevator and take the stairs when you're out and about in town. It's one of the best exercises you can do. It will help you build muscle mass while also burning extra calories.
2. Take a fitness class if there's one nearby - there are often those that you can fit in before or after work.
3. Clean the house energetically - vacuum, wipe the kitchen cupboard doors, clean the windows in one or two rooms, sweep the leaves outside etc.
4. Spend some time working in the garden.
5. Wake up 30 minutes earlier and go for a quick run or fast walk. This will give your metabolism a boost and have you feeling great for the day ahead so that you can achieve more.
6. Get off the bus one stop earlier and walk, or park further away from your destination.
7. Get off the couch and onto an exercycle while you watch a TV programme in the evening, or do exercises in the ad breaks.
8. Set the timer each hour and when the bell rings do 10 minutes of vigorous activity



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

Q: A friend of mine has central sleep apnoea and I want to find out how others with this type of sleep apnea cope.

A: Central sleep apnoea occurs when the brain signalling to breathe is unstable resulting in a period of excessive breathing, followed by no breathing resulting in a fall in oxygen and therefore a cessation of breathing for 10 seconds or more. Unlike Obstructive Sleep Apnoea (OSA), there is no 'respiratory effort', whereas with OSA the patient will be trying to breathe but is obstructed. Central Sleep Apnoea (CSA) occurs in approximately 1-2% of those with 'sleep apnoea', and is most often associated with heart failure.

Treatment can be with Continuous Positive Air Pressure (CPAP), but may need BiLevel (relieves the pressure on expiration). Since the underlying condition is often Heart Failure, treatment of this is usually undertaken. If the cause is the result of disturbed brain function, as with some neurological conditions, there would be little likelihood of cure.

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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<http://www.sleepapnoeanz.org.nz>

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