



Sleep Times

NEWSLETTER

President's Message



Greetings Members,

Warren Jones was again able to attend our recent executive meeting and report on progress. He has been speaking at Lion's National Convention and there is considerable interest amongst members. There is also interest in sleep apnoea at international level. They are just about ready to submit a proposal for setting up a NZ Sleep Health Foundation similar to the one in Australia. This foundation would have representation from various interested parties. Warren will continue to advise us of progress.

Jill has been busy working on the SAANZ website and has added quite a bit of video content that you will all find of interest. If you don't have access to the internet at home it would be worth checking out the website from your local library. Take the newsletter with you and I'm sure someone in the library could help you to find the website.

The year is passing rapidly and before we know it our next AGM will be closing in - sometime in November. We really do need some fresh input, so if you have a little time to spare, do consider joining us. Anyone with computer skills would be of great value to assist with some of the newsletter articles, but we also need people to help out in the regions. Please give it some thought and get in touch if you have a little time and some enthusiasm to assist.

Sleep well.

Michael Matson

SAANZ Website Update

The SAANZ website has had a major rewrite over the past few weeks. This is inline with our aim to bring more support to members via the website and newsletters, rather than support meetings in the regions. You will find that the homepage at <http://sleepapnoeanz.org.nz> is now all about finding the information that you are wanting - be that about the symptoms of OSA (obstructive sleep apnoea), diagnosis, treatment, products or overcoming problems that you may be having with your CPAP. We have removed the dense pages of text that would have sent you to sleep, and replaced them with graphics and links to the relevant pages for your query.



Sleep Apnoea Association of New Zealand Inc.

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Welcome to SAANZ - The Sleep Apnoea Association of NZ

SAANZ is run by a committee of volunteers comprising sleep apnoea patients, a medical advisor and product specialists. We give our time freely in order to support other people going through the process of diagnosis and treatment. We have all experienced the highs and lows of CPAP treatment and are thus able to share the ways that we have come to view our CPAP as our best friend. This is something that often takes time but is worth perseverance in order to optimise health and wellness. We hope that we can assist you at whatever stage you may be with daytime sleepiness through to CPAP treatment.

Click on the picture and text links below to access information or to interact with our committee to gain the support you need.

Sleep Apnoea - An Overview



Jill Hammonds, SAANZ Editor, interviews Dr Alex Bartle of Sleep Well Clinic NZ about all aspects of Sleep Apnoea and its treatment

Clicking on the links or graphics within the table will take you to the relevant page. These pages are now being populated with videos and concise text information. There is more to come over the next weeks and months, but not only that - we want you to send us your questions and concerns about sleep apnoea, and we will then use these as the basis to finding relevant answers from our medical advisor and product specialists that will be of benefit to all sleep apnoea sufferers.

Health risks of untreated Sleep Apnoea 	
 Do I Have Sleep Apnoea? Symptoms and self test questionnaires	 Diagnosis Where and how to get checked out
 Treatment Options	 Getting started with CPAP

 Troubleshooting Problems and solutions	 Portable CPAP options for Travelling
 I have a question Ask your question and read answers to others	

Further down the page you will find the links to the contact form where you can ask your questions, or you can post them in to our P.O. Box or phone Jill Hammonds on 021344253 to discuss your query. We want to make sure that we continue to provide avenues for support, both to those who are computer savvy, and to those who prefer the more direct approach. No question is silly and you can be sure that there will be others out there who would also like to know the answers. All questions will be answered confidentially - no names appended unless you want that.

How Can SAANZ Support You?

 <p>About SAANZ</p>	 <p>Join SAANZ</p>
 <p>Newsletters</p>	 <p>Product Discounts</p>
 <p>Contact Us</p>	

Anyone wanting to join SAANZ can do so via the online form and internet banking, or you can send your name, address and phone number (and email address if you have one) to the P.O. Box along with a cheque for \$15. Additional donations of time or money continue to be gratefully accepted.

Newsletters will continue to be posted out in the interim, and also made available in pdf format on the website. If in the future we are able to move our newsletters to an email format, we will still provide the opportunity for members to receive a newsletter through the postal system if they request that.

Do you know that you can get discounts on some products if you are a SAANZ member. You will need your receipt with the membership number to claim the discounts. Fisher & Paykel Healthcare supplementary products (masks parts and hoses etc but not machines) get a 5% discount, and Sleep Well Therapy give a \$15 per year discount on any product(s). Further information about this is available on the website. Fisher & Paykel Healthcare and Sleep Well Therapy also contribute to information flows to members through the printing and distributing of our newsletter and payment of the web hosting costs respectively. Additionally Fisher & Paykel offer a first year SAANZ subscription to all patients receiving a CPAP machine via their DHB, and Sleep Well Clinic for all their patients purchasing a CPAP.

If you do not have internet access at home, you may well be feeling that you are not party to the same level of support. However, most public libraries provide free access and would be able to assist you in getting to the website if you provide them with the url - that's <http://sleepapnoeanz.org.nz> Most of you probably also have family members who would be happy to assist you. Take this newsletter along with you. Additionally, don't forget you can phone and talk to Jill on 021344253.

Nutrition Corner

First a brief update on progress after the detox diet mentioned in the last newsletter. I lost 5kgs in the 2 weeks and a little more since. I still struggle with won't power when it comes to bread, even though I know that I feel better without grains in my daily diet. Generally speaking I keep mostly to protein and vegetables but allow myself one slice of wholegrain bread a day and the occasional cafe baking. Nuts and seeds are regular but quantity limited snacks when needed (not daily). My blood sugars have remained stable and well within the guidelines without any medication, and the lost weight has not been regained. I enjoy my bacon, eggs and vegetables for breakfast, salad for lunch and protein and veg dinner at night. When winter does arrive I will trade the salad for home made vegetable soup and hopefully over time the weight will gradually decrease. If it doesn't, I still feel I am in a better place health wise. (Jill Hammonds)

Now, here's a tip to make those winter soups even more nourishing. As we all hear on the infomercials that are creeping into the ad brackets more and more these days, raw foods are extra healthy, especially if blitzed in whatever "bullet" or blender you have. Somehow, cold smoothies lose their appeal in the winter though, and all too often sugar levels go up when



fruit is added in great quantities to the smoothie. I now use my bullet to add raw green leafy vegetables to my soups instead. Silver beet, Swiss chard, cauliflower or broccoli are great for this. Put some in the bullet (or good old fashioned blender) with a few nuts or seeds and some water. Heat up the soup in a pot, and just before serving and after taking the pot off the heat, blitz the raws vegetables and add them to the soup. Stir and pour into soup bowls immediately, and then add some coconut milk or coconut cream to each bowl and just give a very light stir so that the coconut cream swirls in the soup. Add a sprinkle of parsley to decorate, and enjoy. Note that coconut oil, coconut cream or coconut milk are wonderful foods and will not raise your cholesterol levels - they are healthy fats and will help to keep you feeling full for longer.

Fitness Tip



Add in some upper body work to your exercise programme. You can buy stretch bands from your local physio for less than \$10. Loop it under your foot to do upright or seated rows, or hook it in the top of the door or around the door handle or around a table leg to do some resistance exercises. Make up some stretching exercises for your self or use the internet to find a set of “stretch band exercises” to strengthen your muscles.

And for exercises to strengthen your throat and tongue to reduce sleep apnoea check out the Southland SAANZ website section at <http://tinyurl.com/apnoeaex>

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

Q - Lately I have been waking at night with a very dry mouth and throat. What can I do about this?

A - Firstly try raising the humidity level on your CPAP (check your product booklet for instructions on how to do that). It may also help to put some Olbas oil (available from your chemist) onto a tissue and place it near (not touching) your CPAP air intake. If you wake to a dry mouth or mask leaks you could also try just loosening the masks straps slightly as you may be pushing the mask out of shape. If you continue to have problems contact your sleep clinic for personalised help.



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

Website and Newsletter Content

If you have any ideas of things you would like to see included in newsletters or on the website, please contact the editor at saanz.editor@gmail.com, phone 021344253 or mail P.O. Box 88, Hamilton 3240.

SAANZ – P O Box 88, Hamilton 3240

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

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