



Sleep Times

NEWSLETTER

President's Message

Greetings Members,

Welcome to all those new Members who have recently joined our Association. Please do make use of the services we provide to our Members. Let us know how we can improve or increase the services which you like to use. Remember, our purpose is to assist our Members who are finding difficulty with their prescribed treatment. OSA is a serious condition and it is important to follow the treatment prescribed by your medical practitioner.



I have recently noticed a number of confusing messages in the form of advertisements, mostly in insidious little ads attached to news items on the internet. These provide, it is claimed, snoring solutions. These solutions are a simple chin strap which you can purchase for some rather exorbitant price for what it is, and this is claimed to be a most effective cure for snoring and OSA and an "instant cure" for sleep apnoea. These claims are usually made against the portrayal of CPAP appliances as clumsy, noisy and difficult to use. Remember that CPAP technology is recognised as the most effective treatment for sleep apnoea and we are here to assist you.

Michael Matson

New system now up and running - with the odd hiccup

As you will know, we have now changed our system for collecting subscriptions and sending out emails. This system is mostly working well, and means that if you have a change of address or email etc., you can now update your details yourself.

Should you need to do this you simply go to <http://members.sleepapnoeanz.org.nz/members/login.php>, login following the instructions on the page and update your details. If you have any problems with this you can email us the changes and we will update for you.

Receiving newsletters by email means you can now follow links in the newsletter simply by clicking on the blue text as above. You will also find links to recipes in the nutrition corner so do be sure to follow those and enjoy some winter warmers.

A screenshot of the 'Members Sign In' web form. At the top, the title 'Members Sign In' is displayed in a bold, dark font. Below the title is a red-bordered warning box containing a red triangle icon and the text: 'If you're visiting for the first time, use your last name as your password. (include capitals, i.e. Bloggs)'. Underneath the warning box are two input fields: 'Email' and 'Password'. At the bottom of the form are two buttons: 'Sign In' and 'Forgot your password?'. The entire form is enclosed in a blue border.

Sleep Apnoea encourages major chemical changes in the brain

Sleep apnoea can bring a plethora of problems, but recent research suggests the disorder can trigger a chemical imbalance in the brain, causing difficulties with memory function, concentration and stress. The small study was conducted at the University of California's (UCLA) School of Nursing in the US and examined 36 participants – 14 with sleep apnoea and 22 without sleep apnoea.

The research discovered a link between those participants with sleep apnoea and significant changes to the levels of two important brain chemicals.

The research examined levels of neurotransmitters glutamate and gamma-aminobutyric acid (GABA), which are present in the insula, an area of the brain that receives signals from various other sections of the brain to regulate emotions and cognitive ability, as well as bodily functions, such as blood pressure.

The findings could provide a major reason as to why sleep apnoea sufferers tend to struggle with concentration, decision-making skills and experience poor memory, stress and symptoms of depression.

During the study period, the participants with sleep apnoea had a lower level of GABA and a higher level of glutamate. GABA is primarily an inhibitor that controls brain activity and affects mood.

Glutamate, on the other hand, is a neurotransmitter that has an excitatory function. Elevated levels of glutamate usually mean the brain is functioning under an incredible level of stress – meaning increased pressure and a reduction in effective functionality compared to when levels of glutamate are normal.

As a result of the chemical imbalances, sleep apnoea sufferers can feel rapidly changing emotions and difficulties in maintaining a calm state of mind.

The UCLA researchers have flagged the need for further studies to determine if treating sleep apnoea will assist in stabilising levels of glutamate and GABA.

The research will also aim to question how effective the various treatments are, and consider whether or not meditation can improve brain functionality.

This article was published in the Sleep Disorders Australia News in June 2016

OSA and Tongue Size

The size of your tongue could be a precursor for obstructive sleep apnoea, a new study has discovered. The research found a tongue that is too large for the mouth – indicated by indentations and imprints along the tongue – may place people at a higher risk of sleep apnoea.

The study, conducted at the University of Damman's College of Dentistry in Saudi Arabia, analysed 200 dental patients using the Berlin Questionnaire, an assessment tool used to screen for OSA.

Study participants then underwent screening for potential OSA risk factors, including weight, neck circumference, blood pressure, plus size of the tongue, tonsils and uvula – the tissue that hangs in the back of the throat. The results showed 23 per cent of participants were at risk of developing OSA. They found 80 per cent of those at risk were male.



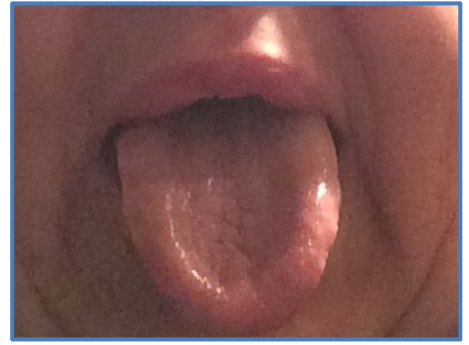
During the study, the researchers also used the Epworth Sleepiness Scale, another questionnaire used to measure excessive sleepiness, during their assessments. The factors most common among people who were identified as high risk for OSA on the Berlin Questionnaire, along with obesity, were large tonsils, tongue indentations and a high Epworth score.

Obese patients were identified as nearly ten times more likely to experience OSA symptoms than their non-obese counterparts.

The researchers are hoping future studies will expand the sample size to include various age groups and monitor participant sleep overnight to confirm the prevalence and severity of OSA.

While dentists cannot diagnose sleep disorders, they can recognise an enlarged tongue or tonsils and refer a patient to a sleep medicine specialist for further information and diagnosis. People displaying symptoms such as tongue indentations should seek advice.

This article was published in the Sleep Disorders Australia News in June 2016



Nutrition Corner

A drop in temperature often has us reaching for more of the comfort foods to keep us warm and happy. Much of what we choose also tends to add centimetres to waistlines, so here are some healthy food ideas to provide the comfort but keep those centimetres off.

Look east

When counting kilojoules it's often better to seek out recipes that are inherently low-fat rather than trying to find or create low-fat versions of high fat food. Asian cuisines offer a world of delicious, warming, diet-friendly choices, from Japanese and Thai noodle soups, stir-fries and hot pots to Indian dahls and vegetable curries.

[Miso udon noodle soup](#)
[Chicken jungle curry](#)

[Japanese vegetarian hotpot](#)
[Lentil and cauliflower dahl](#)



Hot potato

Baked potatoes are a surprisingly low-cal, satisfying and filling meal if you stuff them with healthy toppings such as low-fat ricotta, cream cheese or cottage cheese and chives or other herbs; hummus or yoghurt and ratatouille. Be sure to pile some greens on the side.

[Tuna and corn jacket potatoes](#)

Eggcellent

Eggs are one of the best super foods around, packed full of nutrients and they can easily be turned into healthy winter meals, such as frittatas, pies and quiches made with herbs and vegetables; omelettes stuffed with your favourite lean meats, low-fat cheese, veggies and herbs; or baked egg dishes.

[Gypsy eggs](#)

Get creative

Comfort staples often be made healthier with a little tweaking. Use lean mince and add extra veg and lentils to your usual spag bog; substitute some of the high fat cheddar in your favourite mac 'n' cheese for a low-fat ricotta and add greens, such as broccoli or peas; top Shepherd's Pie with sweet potato mash made creamy with low-fat sour cream and milk; and pad your meat loaf with grated veggies such as carrot and zucchini.

For those receiving the newsletter in hard copy you can find the above recipes at <http://www.taste.com.au/healthy/articles/healthy-winter-comfort-food/cmzU3N6r> or access the digital copy of the newsletter from our website.

Fitness Tip



Kill Your Excuse

If you think you're too busy to exercise, try this experiment: For one day, schedule a time to work out, and then stick to it—even if you can exercise for only 10 minutes. At the end of the day, ask yourself if you were any less productive than usual. The answer will probably be no—and your favourite excuse will be gone.

Don't go it alone

Find someone else in your neighbourhood who exercises regularly or needs to start. Choose one or more fitness activities and schedule a time to meet up five times a week. If possible make it early in the day so that you don't have time to get cold feet. When I was working I used to go to super circuits with a friend and we shared transport to get there. We had to leave home at 6am so it was too early to phone and cancel or you'd wake the rest of their family.



Find a group fitness activity in your area for at least some of your workouts. Check your local phone book for options - most areas have such things as yoga, pilates, Tai Chi, Walking groups, AquaAerobics or AquaFit.

Leave the car in the garage



Need to change your library book, go and buy a bottle of milk or visit a friend up the road - if you have a safe route try walking. I built up to 7 ½ kms by walking to the library or taking the river track to buy more quilting items. If you have local bus routes you can plan to walk part way and gradually extend the distance you walk. Once a week walk to a cafe and give yourself a **small** treat.

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

Q Is it safe to still use an electric blanket when using CPAP?

A As with any heated breathing circuit, there is no risk provided the circuit is placed on top of the bedcovers and not underneath any of them. Provided this is adhered to, there is no problem with using an electric blanket

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

SAANZ – P O Box 88, Hamilton 3240

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

Editor saanz.editor@gmail.com

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.