



# Sleep Times Newsletter

*Sleep Apnoea Association of New Zealand Inc.*

May 2018 [www.sleepapnoeanz.org.nz](http://www.sleepapnoeanz.org.nz)

## **President's Message**

Greetings Members,

The year continues to romp by and already it is newsletter time again. It makes me realise that before we know it another AGM will be rolling along in November. To this end the committee held a meeting in Auckland last week to look at the future of SAANZ and how we can continue to support members. While we gained two new committee members last year, we are still going to struggle to find people with the time and skills to replace those of us who have almost given our time to the organisation.



The decision to do away with subscriptions at present has certainly removed a lot of the administrative load, allowing us to concentrate our efforts on the work we really want as our focus. Emails and phone calls from the website are currently our main way that we support people new to sleep apnoea and CPAP treatment, so for any of you experiencing problems or needing some advice, don't hesitate to use these services. Our medical and product advisers are there to support us and you, and we also have many simple solutions to problems that people experience in getting used to CPAP and we are happy to share these with you.

Additionally we are trialing an informal coffee morning in Hamilton for people to gather in a local cafe with a quiet meeting room, and just talk and share ideas. If this is successful and we can find other people around the country willing to do the same, we will explore extending this idea. If you would be able to help out with such sessions or organising a venue we would love to hear from you.

We will also be looking for someone to help out with writing the newsletters, taking an interest in the website and developing the experience and skills to lead the organisation in coming years. If you have any interest or skills that you would be willing to contribute please phone me on 021344253 so that we can discuss possibilities to keep this organisation moving and supporting members now and into the future.

Keep healthy and sleep well.

Jill Hammonds  
President / Editor

## **Sleep Tracking Apps**

When you search through an app store, all types of sleep tracking and relaxation apps appear, some of them free, some not. There's clearly a demand for tracking and improving sleep, and people will pay for them. Many of these sleep apps and wearables claim to track the different cycles of your sleep and wake you up at the lightest stage of your sleep. But are they actually effective? Yes and no, doctors say. Depends on what you use them for.

The pros are, they raise awareness about your sleep habits, how many hours you might be sleeping. They bring attention to snoring, moving around in bed. The next step is talking to a sleep doctor.

Besides tracking movement and having "smart alarms," some apps offer tips on sleeping better and how to relax, like soothing ocean sounds and hypnosis. Some can even record you if you start snoring or talking in your

sleep. Some even give a sleep score to rate how you slept.

Most sleep apps use *actigraphy*, which is a movement tracking technology. The way you move in your sleep correlates with the different phases of your sleep. When you sleep, you go through different sleep phases. The body inhibits all your muscles, so you don't jump around when sleeping. You can track the periods when your muscles are uninhibited and periods when you toss and turn around.



You can also identify if you have serious sleep problems. Some apps can record snoring, and some people have discovered they have sleep apnoea when they listened to recordings. But if you don't have sleep problems, the app is still beneficial. Tracking your sleep helps you become more aware of your habits. According to a study in *Cureus*, people who tracked their sleep on wearable devices started sleeping more hours per night. Knowledge is the power to change your habits. Wearables are more sensitive at tracking movement, heart rate, and breathing. For people who have trouble sleeping, doctors recommend that they keep sleep diaries, and apps are just one way to do that.

If you want to sleep better, there are simple things you can do. Before going to bed, you should wind down and do relaxing activities like breathing exercises and meditation exercises. It turns out free sleep apps can be helpful for this – some include relaxation apps with breathing exercises, soothing music, and nature sounds.



## The Future of Sleep Tech

Now, the sleep tech market is moving towards Internet of Things. At CES, the Sleep Number 360 smart bed made the most headlines. You don't have to sleep next to a phone or wear anything to track your sleep, you just need to sleep. And, if you sleep with a partner, each person has a tracker on their own side. What's more, this smart bed can predict your needs and do something about them. For example, if you snore, it can elevate your head to help you snore less. Unlike other apps, it doesn't claim to track your sleep cycles, but rather measures how restful or restless your sleep was. You don't need to wear anything or do anything. Sleep Number mattresses have biometric sensors inside the mattresses. As you sleep, the mattress is taking readings of your heart rate, breath rate, and restlessness.

In addition, some sleep devices are joining the medical field. RESPeRATE, a device designed to lower blood pressure that also helps users sleep better, has already been FDA-approved. As a result, the makers of RESPeRATE adapted this device to focus on sleep. "2breathe" was featured at CES and won the 2017 CES Innovation Award. It's not a sleep tracking device, but rather, a wearable belt that guides you through breathing exercises to help you fall asleep, while tracking your breathing pattern in real time.

Digital sleep and health is relatively a new trend. The trend was of trackers. And now the trend is of solutions. Currently, most people with sleep disorders are still diagnosed by going to a sleep lab, but technology is developing to better identify sleep problems.

Right now, Beddit can pick up breathing, movement, heart rate, room temperature, and noise. Wearables are collecting more medical information. Fitbits gather information about heart rate, breathing patterns, and sleep. Jawbone (best known for making fitness trackers) also recently announced it is going to start making medical devices. This is where it's going. There is no question that consumer technology can help make diagnoses, but it still has to be developed further.

You can read more at <https://www.inverse.com/article/29218-do-sleep-apps-work>

## **Nutrition Corner**

### **Soup, glorious soup**

Winter time is soup time. Hearty root vegetables such as parsnips, carrots, swedes (a hybrid between a turnip and a type of cabbage), and turnips are in season and are ideal for soups. Look for recipes that use a low-sodium stock base rather than a cream base. If the recipe requires cream or whole milk switch to tinned coconut cream or yoghurt.

Embrace the slow-food movement and turn away from highly processed and packaged foods. Head down to your local farmers' market to see what is on offer: winter fruits such as oranges, grapefruit, kiwifruit, and guavas are brimming with protective nutrients such as vitamin C. In addition to warding off winter colds and flu, they are also great low-kilojoule snacks. Better yet, get out into the garden and start growing your own vegetables. According to the Harvard Heart Letter, the University Medical School's monthly advisory on heart health, treatments and prevention, 30 minutes of gardening can burn up to 837 kilojoules.



### **Loaded Vegetable Soup Recipe** - Serves 8 generously.

#### Ingredients

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| <ul style="list-style-type: none"><li>• 2 - 3 Tbsp. olive oil</li><li>• 4 large carrots, sliced</li><li>• 1/2 bunch of celery with leaves, chopped</li><li>• 2 medium sized onions, chopped</li><li>• 4 large cloves of garlic, minced</li><li>• 1 large green pepper</li><li>• 1 large red pepper</li><li>• 1 small head of broccoli, chopped</li><li>• 4 large vine ripened tomatoes, chopped or use a tin of tomatoes</li><li>• 1 cup fresh mushrooms, sliced</li></ul> | <ul style="list-style-type: none"><li>• 1 (15 oz.) can corn, drained</li><li>• 1 1/2 cups fresh or frozen peas</li><li>• 1 1/2 cups fresh or frozen fine green beans, cut into bite sized pieces</li><li>• 3 potatoes, scrubbed and diced with skin on</li><li>• 10 cups of water</li><li>• 3 Tbsp. tomato paste</li><li>• 3 large bay leaves</li><li>• 1/4 cup dried basil</li><li>• 1 Tbsp. sea salt</li><li>• 1/2 tsp. black pepper</li><li>• 1/4 tsp. crushed red pepper flakes (optional)</li></ul> |
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#### Instructions

1. Coat your Dutch Oven or stock pot with olive oil and warm on medium heat. Start with the carrots and saute your vegetables. Chop as you go, adding in one vegetable at a time until they are all sauteed while stirring.
2. After all the vegetables are added, slowly add the water, tomato paste, bay leaves, basil, salt, black pepper and crushed red pepper. Stir, cover and turn heat to low-medium. Let simmer on your stove top for 2 1/2 to 3 hours.
3. Season with more with salt and pepper if you wish. Serve hot with fresh bread or rolls. Tastes even better the next day or freeze for use later!

## **Fitness Tips**

- It's a good idea to take your exercise outdoors to maximise your exposure to sunlight: not only will the sun's warm rays feel lovely on your skin, but it will also boost your body's vitamin D levels, which also tend to drop in the cooler months.
- Take a lunch break. Go on a walk after eating lunch to help with digestion. A light stroll after your meal will also help you clear your mind for better focus.
- Bike or walk to work. If you normally drive or take public transportation to work, bike or walk instead at least 3 times a week.
- Do short bursts of activity. You don't have to workout for 30 minutes in one shot to reap the benefits of exercise.
- Clean the house, mow the lawns or walk the dog.
- Take the stairs instead of taking the elevator or escalator and when shopping park farther away and walk.
- Dance - there's a reason that Zumba and Bollywood-style fitness classes have skyrocketed in popularity: They're fun!
- Exercise your mind! Staying fit doesn't only refer to taking care of your body, but also your mind. Excess stress can lead to weight gain and other serious health conditions. Taking some time throughout the day to clear your head will help to reduce your stress levels. Find a quiet space and take 5 to 15 minutes in the morning and evening to close your eyes, clear your thoughts, and breathe deeply in through your nose and out through your mouth.

Whatever you choose, make it fun! If you're going to the park or a picnic, throw around a Frisbee or play some touch football. When you're doing fun things that are active, you won't feel as pressured to set aside additional time to hit the gym.



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

**Q** Where do i get replacement parts for my CPAP and mask?

**A** Your first port of call should be to check back with your initial supplier, be that a DHB clinic or a private clinic. If they don't supply parts themselves they will be able to advise you where to purchase.

Note SAANZ is **not** a supplier of products. We are here to support you with information and ideas to make your CPAP experience more manageable.

Check out the website questions section [http://www.sleepapnoeanz.org.nz/frequently\\_asked\\_questions.shtml](http://www.sleepapnoeanz.org.nz/frequently_asked_questions.shtml)

**Don't forget you can also email Jill at [saanz.editor@gmail.com](mailto:saanz.editor@gmail.com) or phone her on 021344253 with your own questions and queries. If I don't answer my phone, leave me a brief message and your phone number and I will get back to you as soon as possible. Please no calls after 9pm.**

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