



# Sleep Times

NEWSLETTER

## Message from your president



SAANZ continues to be active out in the regions with 2 more support group meetings scheduled for next month. Wellington and Southland members should check out the information in this newsletter for details.

We wish to thank all those members who make a donation along with their subscription. We have tried to keep subs affordable for all in need, but are currently running very fine to the wind with the ending of one major grant allocation. We would like to be able to support each of the regions with speakers and some assistance with costs where meetings are held, but again we depend on members in the area being willing to continue this work after initial support. If you are able to assist with organisation of such events we would love to hear from you.

## Bringing Support Group Meetings to the Regions and Q&A to the Newsletter

Supporting our membership through provision of information about sleep apnoea and its treatment remains our primary focus through newsletters, the website and support group meetings. In the last year we have held meetings in Hamilton, Whangarei, Rotorua and Tauranga.

In June we are moving down country with meetings in Wellington, Otago and Southland.

Meeting details are:

**Wellington** - June 11<sup>th</sup> 7-9pm at the Bowen Hospital Meeting Room, 99 Churchill Dr, Crofton Downs. RSVP if attending to WellSleep by 3<sup>rd</sup> June Ph (04) 9208819 or Email [cpap@otago.ac.nz](mailto:cpap@otago.ac.nz)

**Dunedin** - June 20<sup>th</sup> 7pm. Venue to be advised by flyer shortly.

**Southland** - June 24<sup>th</sup> at 7pm Invercargill Working Men's Club - East Lounge. To give an indication of numbers email [saanz.editor@gmail.com](mailto:saanz.editor@gmail.com) or phone 021344253 if attending.

We hope that members will turn out to support these meetings, both to gain support and to share personal experiences and solutions to any discomfort in using CPAP, with members who have more recently joined and who are still experiencing those set up problems.

## Insurance Alert

Yesterday my attention was drawn to the fact that many of us have not advised our insurance companies about the fact that we have been **diagnosed with and treated for** Sleep Apnoea. This could be something that could lead to a claim being turned down if you have not advised your insurance company previously. Check the wording of your policies and you will undoubtedly find a clause that requires you to advise the insurance company of any factors that could affect your insurance. OSA is likely one such. Be sure to include that your OSA is being treated and that you are compliant with requirements (if this is indeed the case) as once you have notified your insurance company it should not be grounds for discrimination with premiums or claims provided you are compliant with treatment requirements. If anyone experiences in any problems in this area we would like to know about it so that we can provide support, advocacy and keep membership informed.



## Q&A

As an organisation we do not provide medical advice, but we do have contact with professionals who can answer questions. To this end, we would also like to establish a Q&A section in the newsletter to provide answers to all those large and small things that worry us but that we feel are too silly to ask about. Questions should be submitted by email to [saanz.editor@gmail.com](mailto:saanz.editor@gmail.com) 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.

To start us off, here's one query asked recently – a problem that probably some of you might also have experienced:

*"I would like to get some guidance on recommended "good practice" for the hygiene of my CPAP machine, as mine seems to leave me with what seems to be a permanent runny nose."*

### Response from a product specialist:

Although good hygiene practices for your mask and machine are obviously important, these do not appear to be the most common cause of nasal symptoms during CPAP therapy.

The most common side effect of CPAP is nasal discomfort! Up to 75% of those receiving non-humidified CPAP report nasal & throat symptoms.

One of the key functions of the nose is to warm and moisten (humidify) the air we breathe. However, CPAP treatment can at times overwhelm the ability of the nose to do this job. This can result in irritation of the upper airways, causing unpleasant nose and throat symptoms because the levels of heat and moisture are inadequate.

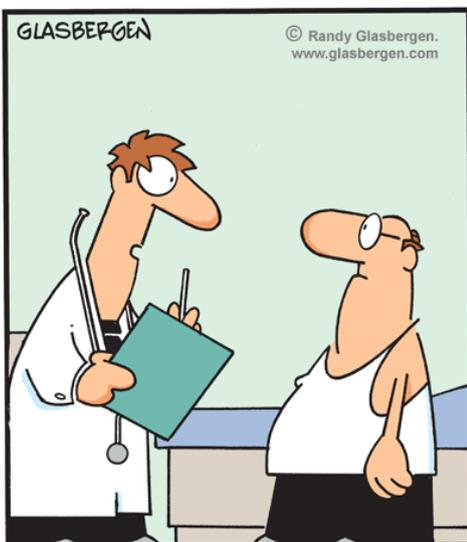
It is therefore recommended that these patients use heated humidification with their CPAP treatment as it will reduce the airway irritation associated with these unpleasant nose and throat symptoms. Remember that the level of humidification on your CPAP may need to be adjusted up or down to successfully resolve your individual nasal symptoms.

However, sometimes turning the humidifier up on your CPAP can create a problem with condensation building up inside the breathing tube. As air travels from the CPAP along the tube to your mask it cools, causing water to collect in the breathing tube. The ideal solution is to use a heated breathing tube but if this is not possible you could also try increasing the temperature in your bedroom overnight or use a breathing tube cover to help keep the tubing warm. (or tuck the tube inside the bedding with you)

If you still experience nasal discomfort please make an appointment to see your doctor or sleep therapist to discuss this further.

**[Please check out the website for further information – a pdf of commonly asked questions has been uploaded at the bottom of the Information page.](http://www.sleepapnoeanz.org.nz/osa_information.shtml)**  
[http://www.sleepapnoeanz.org.nz/osa\\_information.shtml](http://www.sleepapnoeanz.org.nz/osa_information.shtml)

## Diet, Sleep & Exercise



**"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"**

Chances are, most of us belong in that group that need more of each of these. I'm sure many of you will have heard that sleep apnoea is often related to obesity and hence we all need to eat less and exercise more. This is all good advice, but increasingly we are also hearing that lack of sleep leads to increased appetite and reduction of energy and enthusiasm to tackle the harder things of life. I was reading an article on the Internet today about this very issue:

*"For years your doctor, your mom and your friend who goes to the gym multiple times a week have probably been telling you to eat better and exercise more. It's all you hear on television, in the newspapers and on talk radio. New doctors and dieticians usher in new diets, new fads, and so you've made some lifestyle changes – cutting back on your fat and sweets intake, and doing some cardiovascular exercise a few days a week. Despite all this, you still feel burned out, can't drop those extra pounds, and don't have the energy to greet each day with enthusiasm. What are you missing?"*

*The third piece of the puzzle: sleep*

*Though the exact mechanisms of how sleep works, how sleep rejuvenates the body and mind is still mysterious, one thing sleep*



specialists and scientists do know is that adequate sleep is necessary for healthy functioning. Research shows that all mammals need sleep, and that sleep regulates mood and is related to learning and memory functions. Not only will getting your zzzs help you perform on a test, learn a new skill or help you stay on task, but it may also be a critical factor in your health, weight and energy level.

Sleep apnoea is often associated with people who are overweight – weight gain leads to compromised respiratory function when an individual's trunk and neck area increase from weight gain. These interacting problems of weight gain and sleep apnoea make it difficult to help oneself off the slippery slope of health problems. From a behavioural perspective, those suffering from sleep apnoea may be less motivated to diet or exercise – daytime sleepiness lowers their energy levels and makes it difficult to commit to an exercise and/or diet program which would improve both their weight and sleep apnoea.

You can read the rest of the article at <http://www.sleepfoundation.org/article/sleep-topics/diet-exercise-and-sleep> or for easy typing here is a shortened pathway <http://tinyurl.com/saanzap>

Is this the excuse you've been waiting for – I hope NOT! But it is good to hear medical acknowledgement that there are some problems that for OSA sufferers, these are going to require more effort to overcome. However, attending to your sleep apnoea with effective CPAP treatment is an important first step in taking control of the situation and making important lifestyle changes. For those of you who struggle with CPAP and would rather leave it in the cupboard – THAT ISN'T GOING TO HELP! Finding help with getting adjusted to CPAP use is, so hang in there and contact your health care provider for further help and support, and take note of the articles and ideas we provide for you here. Once you have that under control, then hopefully you will have increased energy and willpower to address the need for diet and exercise. And remember that exercise does not have to mean slipping into the jogging shoes or working out in the gym. Breaking things into smaller portions still adds up to exercising so try adding 10-15 minutes of exercise 2-3 times a day rather than struggling with a half hour slot when you begin. Anything that gets you moving is going to be good for you. From time to time we'll add in some things to tempt you to greater activity. I found a great website at <http://www.helpguide.org/life/exercise.htm> which has really sensible tips for exercise part way down the page. For those of you without Internet, here's just a few ideas from the article:

**In and around your home.** Clean the house, wash the car, tend to the backyard and garden, mow the lawn, sweep the sidewalk or patio with a broom.

**With friends or family.** Walk the dog together as a family, or if you don't have your own dog, volunteer to walk a dog from a shelter. Organize an office bowling team, take a class in martial arts, dance, or yoga with a friend or spouse.

**While watching TV.** Gently stretch while watching your favourite show, do push-ups, sit-ups or lift light weights during the commercial breaks—you'll be amazed at how many repetitions you can fit in during the commercials of a half hour show!

**Focus on activities you enjoy.** If you love to swim, dance, or play tennis you'll find it easier to stick with an exercise program that's built around those activities.

**Focus on short-term goals and make exercise a priority.** If you have trouble fitting exercise into your schedule, consider it an important appointment with yourself and mark it on your daily agenda. Commit to an exercise schedule for at least 3 or 4 weeks so that it becomes habit, and force yourself to stick with it. Even the busiest amongst us can find a 10-minute slot to pace up and down an office staircase or take the dog for a walk.

**Go easy on yourself.** No matter what your weight, age, or fitness level, there are others like you with the same goal of exercising more. Try surrounding yourself with other people in your shoes. Take a class with others of a similar fitness level. Set easy goals for yourself to start with. Accomplishing even the smallest fitness goals will help you gain body confidence.

**Expect ups and downs.** Don't be discouraged if you skip a few days or even a few weeks. It happens. Just get started again and slowly build up to your old momentum.



**Start slowly—a little is better than nothing**

## **Nutrition Corner**

### **Soup – a versatile winter favourite**

The long warm summer is slowly becoming a distant memory and now that daylight saving has ended, a chill in the air heralds winter is not far away. Winter is a time for warmer foods but we need to be careful that this doesn't result in high kilojoule meals. In summer low kilojoule, non-starchy vegetables are the basis for salads but in winter we can use them to create delicious soups. A bowl of soup can warm us up and be a healthy 'comfort' food.



**Soup can be very nutritious.** Soups based on vegetables provide a good source of vitamins, minerals, antioxidants and fibre. Many vegetables used in soups, such as onions, garlic, leeks and spring onions known as the allium vegetables support cardiovascular health, immune function and have anti-cancer effects.

**Soup can help with weight management and support weight loss.** A significant study ("Appetite", November 2007) indicated that when people consume a low kilojoule soup before their main meal they consume 20% less kilojoules at a meal. The bulk of the soup helps to fill us up, so we eat less.

**Soup can also help with fluid retention.** The mineral potassium can bind excess sodium (salt) and helps the body to get rid of excess fluid.

**Vegetable, broth style soups can be a simple meal addition or snack.** These soups are low in kilojoules and carbohydrate. The vegetables help to fill us up without providing a significant source of kilojoules.

**Soups – 'dress them up' for a lunch or an evening meal.** The addition of starchy vegetables, such as potato and kumara and legumes like lentils, cannellini beans and chickpeas contribute more carbohydrate. These soups are more substantial and can be a healthy lunch or an evening meal. Lean meat, fish or chicken adds more protein.

**Homemade soups are a great choice.** Careful selection of the type and amount of vegetables and using salt-reduced stocks result in home-made soups that can be healthier options than commercially prepared soups, which can be high in sodium and fat. If you want to use a pre-made soup ideally choose one less than 20g carbohydrate and less than 800mg of sodium per serve.

#### **Vegetable Soup – a 'slimline' soup**

To a large stock pot add a little olive oil, 1 finely chopped medium onion, 1 stalk of finely sliced celery, 1 grated carrot, 1 grated zucchini, 1 finely chopped red pepper, 2 cloves of crushed garlic with 1 teaspoon of smoked paprika, 1/2 teaspoon of rosemary and 1/4 teaspoon of thyme. Sauté the vegetables until they are soft and tender.

Add 1 tin of Delmaine Tomatoes with Chilli, Basil and Oregano, 750 mls of Massel vegetable stock (low sodium stock), 1 fresh bay leaf and ground pepper to season. Simmer for approximately 30 minutes. Add 2 leaves of finely sliced silverbeet and simmer 10 minutes. Garnish with unsweetened low fat yoghurt.

Serves 6 - 250ml serve (Minimal carbohydrate per serve)

**Note:** Vegetables can be sliced and grated with a food processor, which is speedy and 'bulks' up the vegetables. Massel stock cubes are low in sodium and carbohydrate.

Use soup as a base and experiment to create you own delicious soup – for example, try different varieties of flavoured tinned tomatoes, spices and herbs.

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