



# Sleep Times

NEWSLETTER

## President's Message

Greetings Members,

This is the last issue of Sleep Times before our AGM. Please make a note of the date, time and place and if possible come and join us. Who knows but we may be able to answer some questions, put your mind at ease and let you know that you are not alone with your OSA issues. You will be very welcome and we would love to meet you..

As mentioned previously, this year has been different for us as we have concentrated on an on-line contact with our members rather than travelling to various centres and holding meetings. This does not mean that we have done away with local interest group meetings. Not at all, but we ask that you initiate the meetings. Contact us if you would like to hold a meeting. We have experience and contacts which we will share with you to make sure that any meeting you decide to hold will be a success.

Keep healthy and sleep well.

Michael Matson



## Trialling Free Subscriptions for 2016-17 year

SAANZ as an organisation is undergoing considerable change at present. We have moved to embrace the opportunities of the technology age to bring a more timely support service to members. Our website has been updated to provide a wealth of information to new and ongoing OSA sufferers, and now you no longer need to wait for a support meeting in your area. The question time at meetings has been replaced by a contact form on the website and you can contact us at any time with your queries or concerns and we will find the relevant people to provide the support you need. Be sure to use this service, and if you cannot use the website, phone Jill on 021344253 or send your question to the P.O.Box number and we will get back to you. Be sure to include a phone number and let us know if there is a preferred time of day for a call.



Because of this change of style, we have decided that we no longer need to accumulate as much money to run the organisation. Fisher & Paykel Healthcare fund the printing and distribution of newsletters, but from next year we will also move to sending most of the newsletters via email through Mail Chimp. In doing so we will also be doing our bit to save the felling of trees for paper. Sleep Well Therapy fund the hosting of our website, so our major costs now are for times when we travel to meet face to face two or three times a year - most meetings are currently held using Skype.

We are therefore proposing that subscriptions for 2016-17 be set at \$0 and this will be ratified at the AGM in November. We do still appreciate any donations you may like to make and this can be done through internet banking or via the form accompanying this newsletter when you update your membership details.

## **Updating your membership details - IMPORTANT!**

Currently your membership details are manually entered and stored on a database. We are finding the software very clunky and heavy on membership secretary time, and very difficult to maintain and to export the information we need for newsletters etc. Every year we have to roll the database over but then it no longer identifies active members until new subs are entered. As we plan to have no subs this seems like a good time to ditch the current system. **We are therefore asking that everyone who wants to continue to be a member and receive the newsletter etc., completes either the online form or the attached membership form.** Our preference is that you use the online form on the website as this automatically populates our spreadsheet thus requiring no manual data entry. Go to [www.sleepapnoeanz.org.nz](http://www.sleepapnoeanz.org.nz) and click on the "Join SAANZ" tab and you will see the link to click. Those who do not have internet access or for whom this is in the too hard basket can complete the hard copy form and send it in to the P.O.Box. In completing this form you will let us know in what format you want to receive your newsletter, thus reducing our printing and posting costs for those who can cope with email or downloading from the website. Today would be a good time to attend to this before it slips off the radar. We don't want to lose you as members so you all do need to fill out the form. **February newsletters will only go to people who have completed the form - make sure that's you!** And for those completing the paper form, print your details clearly - especially emails - if there is a dot, make sure it is clearly visible. Double check that you have it right. If you make a mistake in an email address it cannot be delivered.

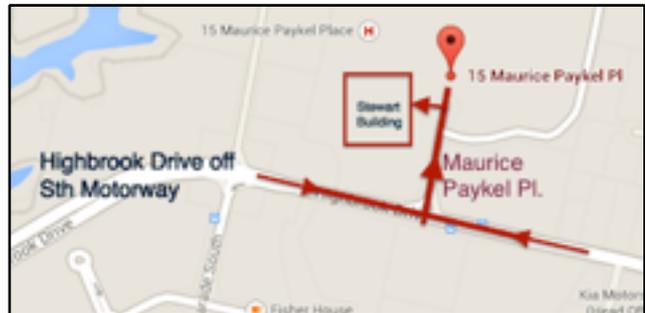


## **SAANZ Annual General Meeting and Auckland Support Meeting**

The SAANZ AGM will be held in the Stewart Building at Fisher & Paykel Healthcare, 15 Maurice Paykel Place, East Tamaki at 6pm on Wednesday 23rd November. Refreshments will be provided at the start of the meeting so you can come straight from work.

The AGM is expected to be a brief meeting and followed by a speaker and question time so do come along and join us. We have asked Pru Murray to speak this year. Some of you may remember Pru from when she was Charge Physiologist for Auckland DHB Sleep & NIV Service. Pru is now Senior Clinical Research Scientist at Fisher & Paykel Healthcare.

She will be speaking about sleep apnoea and drivers licences - is yours at risk? Who has the power to cancel a licence and what is due cause for doing so? Does this only apply to commercial drivers licences? Our medical adviser, Dr Alex Bartle, along with product specialists from F&PH and committee members will then be available to answer your questions. Maybe you also have some good tips to share with other OSA sufferers. These forums are usually very valuable to members and we won't have many of them now, so make the most of this occasion. Put the date in your calendar now and let us know if you can attend so that we can cater accordingly. Email [saanz.editor@gmail.com](mailto:saanz.editor@gmail.com) or phone/text Jill 021344253 with number attending and we will see you there.



## **Dr Libby: How to get to sleep and get a proper night's rest**

Getting enough sleep affects your health in ways you cannot imagine. Sleep, like moving your body regularly and eating a nourishing diet, form the pillars of good health. We cannot fight our biology – sleep is essential to our very being. Lack of sleep can increase inflammation, which in turn is a risk factor for type-2 diabetes, heart disease, high blood pressure and poor digestive health. Not to mention what it does to your mood and appetite (hello, 10am pastry and coffee and 3pm chocolate bar!)

Typically sleep problems fall into two categories: trouble getting to sleep and trouble staying asleep. Here are some things you can do to enhance your ability to fall and stay asleep:



### **WORK WITH YOUR WAKING/SLEEP CYCLES**

A morning ritual such as meditation or yoga that reduces your stress can be extremely beneficial – this can also be repeated before sleep.

Move your body earlier in the day and avoid at night if possible. Movement typically activates the sympathetic nervous system making you alert and awake and subsequently decreasing your melatonin (sleep hormone) production.

In the evening, allow yourself time to slow down, unwind and stimulate your sleep neurotransmitters. Around 60 to 90 minutes before sleep, turn off your "devices", turn the lights down and maybe include some meditation or light reading. Finding sleep hygiene that works for you is incredibly important but these are great starting points for everyone.

## LIMIT SLEEP DISRUPTERS

If you drink caffeine, find your threshold for the time you should stop drinking it. Typically this is around midday as caffeine can stay in the body for around eight hours.

Eating a heavy and rich meal late at night takes longer to digest, so your body is busy with the digestive process and indigestion rather than relaxing and helping you get to sleep. Eat smaller portions.

TV screens, laptops and electronic devices not only keep your mind active but also emit light that disrupts sleep hormone production. If you watch TV consider what you're watching. For example, if you're watching highly stimulating crime dramas it is very difficult to switch from this sympathetic nervous system stimulation to the parasympathetic nervous system, responsible for rest and repair.

Your biology has primed you to "fight or flight" and then after you've turned the TV off, you're asking it to just forget what it has seen/experienced and drift peacefully off to sleep. For many of us that's not going to happen! If you're a crime or intense drama show addict, I encourage you to go four weeks without watching them, particularly at night and see what happens to your sleep.

## IF YOU WAKE DURING THE NIGHT CONSIDER

- Alcohol typically makes you feel sleepy at first, which is why people often use it to help them get off to sleep. But it tends to result in waking later in the night, typically around 2-3am – resulting in disrupted sleep, as it stops you going into REM sleep, the deepest stage. Limiting alcohol consumption is beneficial for overall health not just for your sleep.
- Planning your day before you go to bed so you don't wake at 3am thinking about something you forgot to schedule in your diary. Keep a pen and paper by your bed, if you wake with a thought you can write it down and then address it in the morning.
- There are many herbs that support good sleep such as valerian, passionflower and chamomile – however; I encourage you to discuss your sleep issues with a qualified medical herbalist to find a solution that works for you.

*This is an article printed by Fairfax Media and included here with Dr Libby's permission. The full article and links to other sleep information can be found at <http://bit.ly/2aPbW4f>*

## **Nutrition Corner**

Summer is on its way and its time to get back to eating salads to increase your healthy nutrition. This doesn't mean that you have to eat like a rabbit with everything green, so do yourself a favour and search out some varied salad recipes embracing a wide range of vegetables. There are lots of recipes online so no need to buy a new cookery book unless you want to. Here's one such recipe found on the BePURE blog at <http://www.bepure.co.nz/blog/view/91>

### **Broccoli Salad served with bacon, pine nuts and haloumi**

This recipe is best served hot straight from the skillet. It is also delicious cold as leftovers the next day. It's incredibly versatile, you can use any root vegetable in place of the pumpkin and kumara. Beetroot, parsnip and swede are all equally delicious. Serves 4

#### Ingredients

¼ of a large crown pumpkin, cut into 2cm pieces	1 medium sized red kumara, cut into 2cm pieces
2 tsp chinese five spice	1 tablespoon coconut oil, melted
4 rashers of bacon	50 grams of pine nuts
1 large head broccoli chopped into small florets	2 cloves garlic
1 tbsp butter, ghee or coconut oil	120 grams Haloumi
2 spring onions, finely sliced	4 cups of leafy greens, rocket or spinach work well.
Salt and pepper	½ cup of broth or water
Juice of one lemon	

#### Method

Heat your oven to 180deg C.

Spread your pumpkin and kumara out over a baking sheet so it fits as a single layer.

Mix together your coconut oil and chinese five spice. Pour the mixture over your starchy veggies and mix well to coat. Sprinkle with salt and pepper.

Bake in the oven for 25 minutes or until done.

While your veggies are cooking, heat a cast iron skillet over a medium heat.

Chop your rashers of bacon into bite sized pieces and add to the pan. Once crispy, remove from the skillet and drain on a paper towel to remove excess fat.



Add your pine nuts to the pan, stirring to prevent burning. Once golden, remove from pan and set aside. Slice your haloumi and add to the pan. Turning over once golden. Once cooked on both sides remove from the pan and set aside.

Add your ghee and garlic to your pan. Fry for 2 minutes until the garlic is fragrant. Add the broccoli to your pan with broth or water. Fry on a high heat until broccoli is tender with crispy bits. Squeeze the lemon juice over your broccoli and season with salt and pepper.

Once everything is ready combine your roast veggies, broccoli, pine nuts, haloumi, bacon, leafy greens and bacon together in a mixing bowl. You can drizzle with extra virgin olive oil and lemon juice if desired.

To find more just do a Google search for salad recipes NZ - you'll find plenty

Salad Recipes with Avocado - New Zealand Avocados

[www.nzavocado.co.nz/recipes/Avocado\\_Salad\\_Recipes/](http://www.nzavocado.co.nz/recipes/Avocado_Salad_Recipes/)

Simple Green Salad - 5+ A Day

[www.5aday.co.nz/recipes/simple-green-salad.aspx](http://www.5aday.co.nz/recipes/simple-green-salad.aspx)

Healthy salads – Healthy salad recipes from bite.co.nz – Bite

[www.bite.co.nz/collections/1082/Healthy-salads/](http://www.bite.co.nz/collections/1082/Healthy-salads/)

New Zealand Woman's Weekly's top 10 summer salads | Food To Love

[www.foodtolove.co.nz/recipes/collections/top-10-summer-salads](http://www.foodtolove.co.nz/recipes/collections/top-10-summer-salads)

Salad Recipes | Food in a Minute

[www.foodinminute.co.nz/Recipe-Categories/Salad-Recipes](http://www.foodinminute.co.nz/Recipe-Categories/Salad-Recipes)

### **Fitness Tip**

Include some interval training in your workout. This means simply alternating bursts of intense activity with intervals of lighter activity. For instance, if your exercise is walking — if you're in good shape, you might incorporate short bursts of jogging into your regular brisk walks. If you're less fit, you might alternate leisurely walking with periods of faster walking. You could try walking faster between certain mailboxes, trees or other landmarks.

With interval training you'll burn more calories. The more vigorously you exercise

- the more calories you'll burn — even if you increase intensity for just a few minutes at a time.
- you'll improve your aerobic capacity. As your cardiovascular fitness improves, you'll be able to exercise longer or with more intensity. Imagine finishing your 60-minute walk in 45 minutes — or the additional calories you'll burn by keeping up the pace for the full 60 minutes.
- you'll keep boredom at bay. Turning up your intensity in short intervals can add variety to your exercise routine.

You don't need special equipment. You can simply modify your current routine.



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

**Q** If CPAP pressure is set at higher than the required need, what could be the probable side effect?

**A** Ideally the pressure should be no higher than is necessary to control the airway narrowing and/or blocking associated with your sleep apnoea. Having the CPAP pressure higher than it needs to be can cause central apnoea episodes in some patients or aerophagia (air swallowing) where the air can enter the oesophagus and cause a bloated stomach. The bottom line – if it feels uncomfortable (for any reason) please contact your CPAP therapist for individual advice. Continue to use your CPAP in the interim as failure to do so puts your health at more significant risk.

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](mailto: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](http://www.sleepapnoeanz.org.nz/frequently_asked_questions.shtml)

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