

November 2019

President's Message

Greetings Members,

Well I had thought that 2019 was going to be a year to move SAANZ forward and get some traction on developing pathways of support for those who suffer from sleep apnoea, and those who do but don't yet realise it. However as the year wore on it became apparent that the light was fading, and now as we move towards the AGM, we are instead looking to put the organisation into recess for a year.

One factor that makes me less sad about that, is the fact that the DHBs and private sleep clinics seem to be gaining more traction, and we hear reports of people being diagnosed and on CPAP machines far faster than a few years ago. The support from those DHBs and private clinics must also be better, as we are getting very few inquiries for information or support with problems - quite a marked change from last year in fact, so maybe SAANZ would be dying a natural death regardless.

The NZ Sleep Health Foundation have held at least one public meeting in Wellington to raise awareness amongst the public and also politicians, so again there is another avenue to take on the advocacy and public awareness campaigns.

Our constitution requires that we put the Association into recess for a year before closing, and I am therefore putting notice of motion to that effect to the AGM. I have included the wording of this into this newsletter and also on the website. If it is passed some of the present committee will continue in their role for that year, but newsletters will cease. The final newsletter would be in February 2020 to let you know the outcomes from the AGM. Rachel will maintain the Facebook page and this will now be the main line of support to anyone who has queries that were previously addressed by phone, email or the website contact form. Rod and I will also continue to answer any queries we receive via these modes for a further year.

Keep healthy and sleep well.

Jill Hammonds

President / Editor



Annual General Meeting

Just a reminder that this will be held at Fisher & Paykel Healthcare, Maurice Paykel Place, East Tamaki on Wednesday 20th November at 6pm.

Notice of Motion: "That with the decreased inquiry and activity, and lack of new committee members, SAANZ be put into recess until November 2020, with any available current committee staying on in a caretaker capacity."
Hammonds/Bryant

This motion will be considered prior to the election of officers at that meeting.

Agenda, Reports and Finance statements will be put on the AGM page of the website prior to the meeting.
http://www.sleepapnoeanz.org.nz/2012_agm_agenda.shtml

Nutrition Corner

Just in time for summer - Mango, lime and coconut pops!!!



No dairy, no gluten - vegan treat.

Ingredients:

- 2 cups of diced mango flesh
- 2/3 cup coconut water
- 2/3 cup of reduced-fat coconut milk
- 1/4 cup lime juice
- 1 tablespoon of finely grated lime zest

Instructions:

1. In a food processor, blitz mango until smooth. Add coconut water, coconut milk and lime juice. Process until well combined. Stir in lime zest.
2. Carefully pour the mango mixture evenly into 10 x 1/3 cup (80ml) capacity ice block moulds. Freeze the ice blocks overnight, or until firm. Serve immediately.

Recipe from <https://www.healthyfood.com/healthy-recipes/mango-lime-and-coconut-pops/>

Healthy Food Guide is a subscription website. For the sake of accessing the links on this email, you will have 3 free page views (6 if you give them your email). Should you want additional views, you will need to subscribe to their site.

Get ready for your summer holidays - travelling with your CPAP machine.

1. Can I travel with CPAP?

CPAP treatment for sleep apnoea may not be the most convenient thing to use. But it doesn't need to get in the way of your lifestyle. There are a number of things that can be done that you should know about. These let you travel, go camping and get out and about while still using your CPAP at night.

2. Do I need to use CPAP every night?

When your doctor found you had sleep apnoea, you had probably already had it for a number of years. During this time, it wouldn't have been treated. One more night with no CPAP probably won't put you at risk. But you need to know that as soon as you stop using CPAP, your breathing during the night will get worse. This means your daytime symptoms will come back. Think back to how things were before you started CPAP. There is a risk of going back to feeling this way. You may suffer from morning headaches and feel tired and moody during the day. Everyone is different, but these can come back after the first night with no CPAP. Feeling tired during the day is a problem. This will



raise your risk of road and other accidents. If you are driving for your holiday then this could be deadly. If you are tired, do not drive as you and others will be at risk.

3. Can I use my CPAP in other countries?

Before going abroad you should talk to your sleep clinic or supplier of CPAP machines. You need to know how suitable the machine is for use in another country. As a rule, most machines these days are able to run on other voltages, such as 110V in the United States without modification, as they have an inbuilt "switch mode" power supply. For some, you need to use a switch to adjust them, others adjust on their own. You must check this. Some machines can't run on other voltages. In this case you might need to buy a transformer. Or you could hire a machine that works in the place you are going. If what you have now is suitable, don't forget adaptor plugs.

4. Will the air pressure I get change in different countries?

This depends on the type of machine that you use. If you are at a higher altitude (e.g. the mountains), the air pressure around you is less. Some machines give less pressure in this case. Others will adjust to make up for this. How much pressure you need may vary too. This is due to how your sleep varies with altitude. In general the effects are quite small. It is better to use the CPAP, even if it is not at the best pressure, than not to use it.

5. Can I use my CPAP on a ship or plane?

On a cruise ship or long haul flight, there will be power points. You can use these with most CPAP machines. You need to know what voltage you will be getting while on board. Consult with the airline or shipping line you are going with to find this out. Then talk with your clinic or supplier to make sure that the pump will work at this voltage. As a rule, the airline will need a medical certificate from your doctor. They may also only let you use specific units on board the flight. Getting all this ready can take some time. This means it is best to start these well before the date you leave. You might be worried about looking strange by using CPAP on the flight. If you are, then think about the alternative. This may be an extremely disrupted sleep with loud snoring. Both you and the other people on board would be far better off with a quiet CPAP machine.

6. What should I watch out for when transporting my CPAP equipment?

Make sure your CPAP isn't damaged in transit. If it is your holiday may be difficult and unhappy. Even if you won't use your CPAP on the flight, take it on board as part of your hand baggage. Make sure that it is in a sturdy, protective bag. Airlines are used to people with medical equipment. Explain things to them. They will probably let you have this as another piece of cabin baggage. To be even safer, you might want to get a letter explaining things. It is best if this is from a specialist doctor. You can use this if you run into any problems with customs or airlines. A lot of countries use languages other than English. If you are going to one of these, you should get these translated.

7. Can I use my CPAP while camping?

If you will have access to normal mains power you should always use your CPAP. Some people worry about the air being much colder than at home. If you do, you should discuss this with your sleep clinic or supplier before you go. There are many simple things you can do to help. Running CPAP tubes under the bedclothes may be enough to warm the air. On the other hand, you may need a heated humidifier.

8. Can I use my CPAP with a battery?

This needs some planning. You have to talk with your CPAP supplier well in advance of your holiday. Some newer CPAP machines can run straight from a battery. In this case you will only need the adaptor from car to CPAP machine. Others will work if you use a suitable inverter. This makes power from a battery (12V DC) into a form that is like normal mains power (240V AC). You should know that not all of them are the same. Some may be better than others for use with your CPAP machine. If you use the wrong one, it may shorten the life of the CPAP machine. This is because there is more stress on the motor. You must talk to the supplier of your CPAP to find out which inverters you need.

9. How long will my CPAP run on a battery?

This depends a lot on the type of CPAP machine. It also depends on the pressure it gives. Older ones tend to use more power. When the pressure goes up, they use more power. A modern CPAP machine can run off a car battery for at least about 8 hours. But take care not to be stuck with a flat battery. You might want a second battery if you can afford it. A deep cycle marine or recreational vehicle battery would be good.

You can have this charging while you're driving. Talk to an auto electrician to set this up. In this way you will not be dependent on your CPAP battery to start the car. You can use mains power to recharge as well. For this you need a battery charger.

10. Can I use a heated humidifier with a battery and inverter?

In general for older humidifiers this is NOT a good idea as they consume a lot of power. Some may not control how hot it is when you use an inverter. But there are newer units that can be used with an inverter. If you feel you have to use one you should talk with your CPAP supplier before you try to use it with a battery. There may be other things you can try such as an unheated humidifier.

11. Are there special batteries made for use with CPAP/APAP?

Some manufacturers supply batteries made specifically for their machines. These batteries are sealed Lithium ion batteries and are certified for use on planes. These batteries usually last an average 12-13 hours on CPAP only, about 6 hrs using CPAP and humidifier and about 3-4 hrs using CPAP, humidifier and heated tubing. The battery will be used

up quicker at higher pressures or if the mask leaks. Mask leaks result in the machine working harder as it tries to compensate for the leak.

The batteries are charged from mains power and take around 4 hrs to be charged from completely flat to fully charged.

12. IMPORTANT - CHECK WITH YOUR CPAP SUPPLIER

Use of CPAP with other than normal mains voltage may pose special problems or risks. It may void your warranty. The supplier of your CPAP machine should always be consulted before using non-mains power supplies unless an approved battery and inverter.

You can also find more information about portable CPAP on our website at http://www.sleepapnoeanz.org.nz/portable_cpap.shtml

Optimise your body clock

Most of us aren't aware of how much sleep, meal times and the day/night schedule have on our health.

We live in a 24 hour culture. We have food accessible whenever we want. Some shops are open 24 hours a day. We work shifts. We watch TV into the early hours.

We have never been so much in control of what we do and when. But one aspect we have no control over is how our bodies are reacting to these changes - and they're not reacting well.

Our bodies are governed by a series of biological clocks, working together or interlinking at certain times in their cycles. These cycles are responsible for allowing our bodies to perform set tasks designed to keep us healthy. If one clock isn't on time it sets other clocks back. The result is that the rhythms no longer synchronise and our health may start to fail. Our 24-hour culture is changing our natural rhythms. To read more visit: <https://www.healthyfood.com/advice/optimize-your-body-clock/>
Article provided with permission by Healthy Food Guide.



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

Q: Just lately I have woken sometimes several times during the night with a very dry mouth and throat and I think my mouth has probably dropped open. I have lost about 15kgs in the last year and am wondering whether the pressure is too high on my CPAP now and what I should do about this?

A: Having your mouth drop open during the night can be from several possible causes. Generally the most likely cause is insufficient humidification. Try turning up the humidification first to see if that makes a difference, or if you have no humidifier, consider getting one to try. Secondly bedroom temperature may be an issue. If you have a heated hose you may need to increase the temperature during winter months, or if you have an unheated hose, put your CPAP lower than you bed and bring the hose up inside your blankets or knit a tube to go around the hose. Body weight can also be a factor but generally this leads to a need to increase pressure for most. When the pressure is calculated a rough rule of thumb is 10% of your body weight plus up to 3. Hence a person weighing 100kgs would need a pressure of 10-13, while a person weighing 80kgs would need 8-11. If you think you may need a change either up or down, consult the sleep clinic where you were diagnosed.

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.

Thank you to Sleep Well Clinic for providing answers to medical questions in this section.

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

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