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Subject: [Test] Sleptimes May 2019
Date: 13 May 2019 at 6:46 PM
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President's Message



Greetings Members,

The new committee have now met twice to plan the future of SAANZ. It is heartening that our three new members are keen to take SAANZ ahead into the future and there will be some major changes ahead. Thank you to all those who completed our survey in February to give us your thoughts on how SAANZ can best support you.

Carolyn Santiago has taken on the role of Vice-President and is leading the action to develop a new action plan for SAANZ. She is keen to see moves to employ a part time community support person who can be the voice at the end of the phone to help you with your queries, as this is getting beyond the time commitment of volunteers. To this end sponsorship and fundraising is her headlight currently.

Dave Scott is taking on the website editor role and is currently reviewing the entire website to propose changes that will bring it up to date and add in the power of social media to get conversations going between members thus providing real time support.

Rachel Lehen is now taking over as the newsletter editor and also has a revamp underway. I am very pleased to see these two areas getting a new lease of life as I will be leaving the committee in November. It's time to spend more time away in the motorhome or quilting in my sewing room.

Rod Bryant, Sherry Taylor and I are continuing in our other roles meantime. I would like to thank all committee members for their time and commitment to providing support to OSA sufferers throughout the country.

Keep healthy and sleep well.

Jill Hammonds

Though it may come as no surprise that people find it harder to fall asleep when they're emotionally wound up, the relationship between mood disorders and quality sleep is a complex two-way street. Just as negative mood states can make getting a good night's sleep a virtual impossibility, frequently interrupted or insufficient sleep can lead to bouts of [depression](#) or anxiety. Regardless of which comes first, the end result is that a blue mood and poor sleep go hand-in-hand. Could your mental state be contributing to your slumber troubles? Three easy ways to

1. Your Switch Is Always “On.”

Do your worries play on an endless feedback loop in your brain when you climb into bed? When you are tossing and turning with [anxious thoughts racing through your mind](#) or dwelling on a general feeling of negativity, the inability to shut off the pessimistic chatter in your head during night hours is a major contributor to sleep issues. In fact, the risk of insomnia is much higher among people with major depressive disorders.

2. You Drag During the Day.

Feelings of depression and anxiety can make it harder for you to stay asleep or to sleep deeply; they can also cause you to have more fragmented sleep patterns that leave you feeling fatigued the next day even though you logged enough hours in bed. Of course, depression itself can be accompanied by low energy, so it is hard to tell whether daytime drowsiness is a result of mood-related poor sleep, or low mood itself. Either way, if you are shuffling through your day when you've spent enough hours in bed the night before, your mood may be playing a role.

3. You Have Bad Dreams.

Everyone experiences the occasional scary dream, but frequent [nightmares](#) are associated with depression and anxiety, as well as poor sleep quality and a lower quality of life. It's a tough one to break: Disturbing or negatively charged dreams can cause you to awaken from sleep and it's challenging to fall back to sleep; then, that inability to get a solid night of shut-eye can leave you feeling emotionally out of sorts the next day, which impacts your ability to sleep the following

The good news is that depression, anxiety, and low mood are treatable conditions. Addressing these issues can help you improve the quality of your sleep, in addition to boosting your energy level during the day. Talk with your doctor about your sleep troubles and your mood concerns and come up with a plan today.

Article from <https://www.sleepfoundation.org/articles/3-signs-your-mood-may-be-affecting-your-sleep>

Nutrition Corner

We are delighted to announce that we have a new affiliation with the Healthy Food Guide and have given their permission for us to share top recipes and articles that we think you might find of interest. Simply follow the links provided. Enjoy!!!!



Quick Veggie Frittata with Pesto - Frittatas are easy to make and are great for breakfast. I

Quick Veggie Frittata with Pesto - Frittatas are easy to make and are great for breakfast, lunch, and dinner!



Recipe from <https://www.healthyfood.com/healthy-recipes/quick-vege-frittata-with-pesto/>

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.

AUSTRALIA'S INAUGURAL



SLEEP APNEA
AWARENESS DAY
by Sleep Disorders Australia

5 MAY 2019

Sleep Disorders Australia was excited to host Australia's first ever Sleep Apnea Awareness Day (SAAD). There has been a SAAD in the US since 2013. It is held on April 18 to commemorate the milestones in sleep apnea. In June 1980 Australian doctor, Colin Sullivan first tested that positive pressure, applied just through the nasal airway, could stop obstructive apnea. A later on 18th April 1981 his paper "*Reversal of Obstructive Sleep Apnoea by Continuous Positive Airway Pressure applied through the nares*" was published in The Lancet. By 1985 the treatment for sleep apnea took a great leap forward with the development of CPAP for home use. There is however so much more to sleep apnea than the CPAP machine, indeed Dr Marshall, a clinical trials epidemiologist at the Woolcock Institute for Medical Research, University of Sydney has found that at least half of all patients seen in sleep clinics are unable to tolerate CPAP or an oral appliance. We want the Australian Sleep Apnea Awareness Day to be an inclusive event that everyone with sleep apnea can feel represents them.

The first annual Australian Sleep Apnea Awareness Day was held on 5th May 2019.

Q & A - questions submitted via the website and email

Q A friend of mine has central sleep apnea and wants to find out how others with this type of apnea cope...and what medical research advances have been made to find a cure for this.

A Central sleep apnea occurs when the brain signalling to breathe is unstable resulting in a period of excessive breathing, followed by no breathing, resulting in a fall in oxygen and therefore a cessation of breathing for 10 seconds or more. Unlike Obstructive Sleep Apnea (OSA), there is no 'respiratory effort', whereas with OSA the patient will be trying to breathe but is obstructed. Central Sleep Apnea (CSA) occurs in approximately 1-2% of those with 'sleep apnea', and is most often associated with heart failure.

Treatment can be with Continuous Positive Air Pressure (CPAP), but may need BiPAP (relieves the pressure on expiration). Since the underlying condition is often Heart Failure, treatment of the heart is usually undertaken. If the cause is the result of disturbed brain function, as with some neurological conditions, there would be little likelihood of cure.

As an organisation we do not provide medical advice, but we do have contact with a professional 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

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