



The President's Message

The summer is here and after a short break work on SAANZ projects has resumed.

We are delighted with the support given by Weinmann (NZ) Ltd which will make a great difference to what we can achieve this year.

We have been busy accepting renewals of memberships and it is encouraging to read the comments by our members. There are some of you who have still to renew your memberships, and if you find a reminder letter with this Newsletter, please do renew today. The membership year runs from 1 September and SAANZ cannot be an effective voice and work with conviction to improve services without your support. It really is that important.

Thank you to all members who have offered suggestions for future articles in *Sleep Times*. Watch this space!

Happy New Year to you all and Sleep Well.

Arthur Goodall, President

Weinmann in New Zealand!

Weinmann is delighted to announce its arrival in New Zealand. After 132 years of medical engineering experience, Weinmann has remained a family owned and operated organisation based in Hamburg, Germany.

Weinmann solutions are today available in over 55 countries worldwide. Their range includes a selection of high quality Auto-CPAP and CPAP devices, and excellent masks, and these are now available direct to New Zealanders for the first time. With the quietest range of masks and machines on the market, and German engineering to boot, don't miss checking out these exciting options.

Weinmann is thrilled also to have the opportunity to work with and support the Sleep Apnoea Association of New Zealand,

and looks forward to a long and prosperous relationship with New Zealand.

To find out more,
please feel free to contact Weinmann on 0800 27 39 77
or view their extensive website at www.weinmann.de



Life with a CPAP - Part Three

We conclude Kath's article, from Whangarei (see August and November issues)

27.02.04 The replacement mask arrived in the mail yesterday so I was a bit nervous about wearing it for the night. So far I don't sleep well without CPAP but then I don't sleep well with it on anyway. I donned the mask at 11.30pm and then fervently wished my imagination were less active. The mask is more comfortable fit-wise but you can't feel the air escaping like the last one. 'Was I going to expel the air once I dropped off?' etc! I was still awake at 12.30am, but a reasonable night's sleep for the first time.

28.02.04 I read until I couldn't see another word at 1am. But get that mask on and I'm wide awake again talking to myself in my mind to keep calm! Up twice to use the bucket.

29.02.04 Mask on at 11.15pm but ages to get to sleep. It felt like the mask was closing off my right nostril. I kept trying to move it a bit. I nearly took the mask off on my last toilet rise but didn't. The next thing I knew it was 7.45am.

01.03.04 Mask on at midnight. I am sure I was asleep just after 12.30am. Much better night but woke every two hours either to urinate or to turn over.

02.03.04 Mask on at 11.45pm, still awake at 12.30am though I would nearly drift off several times. Not as restful as previous night although possibly because my hips began aching near the end.

03.03.04 Mask on 11.30pm and off 7.30am! Difficult getting to sleep again, but would drift close to sleep often. Hip trouble again. I wonder if my hips are so bad because I can't sleep in the recovery position or on my stomach any more. If I do, my mask leaks (I have never been able to sleep on my back).

04.04.04 Had 3½ hours uninterrupted sleep.

05.03.04 Mask on for only 3 hours and slept some of that. Away from home and having to share a bed. This afternoon I wore mask for nearly 90 minutes so I could catch up on some sleep. I fell asleep just before or around full air pressure – first time I've done that.

After that my entries were much shorter and I managed to work out how to sleep on my side without letting air escape and wake me with the noise – therefore I had less hip trouble.

Now just over two years later I wouldn't dream of going to sleep without my CPAP. I do still have some times when I find it difficult to stop noisy air escaping from my nose mask, but that is mainly at the beginning of my bed time.

A Brief Afternoon Nap

Drs Brook and Lack from Flinders University in South Australia undertook a recent study to compare the benefits of different length naps relative to no nap, and to analyse the elements that may account for any benefits.

They used 24 (12 male and 12 female) healthy, young adults who were good sleepers and not regular nappers. Their nocturnal sleep was restricted to 5 hours at home, with afternoon naps in the laboratory, followed by 3 hours of post-nap testing. The study looked at comparisons between no-nap controls, and naps of precisely 5, 10, 20 and 30 minutes of sleep.

Subjects arrived at 1pm for the attachment of electrodes and then engaged in quiet activities such as reading or watching videos in bed prior to the nap. All time cues were removed and the room was kept at a constant 22°C. Lights were turned out at 2.30pm for the 30 minute nap, 2.40pm for the 20 minute nap, 2.50pm for the 10 minute nap, 2.55pm for the 5 minute nap and 3pm for the no-nap condition. The mean time for awakening from the naps was 3.04pm indicating that the sleep latencies for the naps were short and that, once sleep was initiated, it invariably continues uninterrupted to the completion of required nap length.

Sleep latency was used as an objective measure of alertness. The baseline sleep-latency measure was the latency to the nap sleep, with post-nap sleep-latency trials conducted 65, 125 and 185 minutes after napping. The test battery included the Stanford Sleepiness Scale, 21 fatigue and vigour subscales of the Profile of Mood States, 22 Symbol-Digit Substitution Task (SDST), Letter Cancellation Task (LCT) and a simple visual reaction time (RT) task.

In summary:

- The 5 minute nap produced few benefits in comparison with the no-nap control. The only significant difference was improved LCT performance 35 and 95 minutes after the nap
- The 20 minute nap produced immediate improvements in all outcome measures, with best results tested at 35 and 95 minutes after the nap, but most of the benefits were maintained for as long as 155 minutes.
- The 20 minute nap showed no improvements at 5 minutes, but was associated with improvements emerging 35 minutes after napping and lasting up to 125 minutes after napping.
- The 30 minute nap produced a period of impaired alertness and performance immediately after napping, indicative of sleep inertia, followed by some 2 improved measures at 95 minutes and 3 at 155 minutes after the nap.

These findings suggest that the 10 minute nap was overall the most effective afternoon nap duration of the nap lengths examined in this study. The implications from these results also suggest a need to consider whether there is a process occurring in the first 10 minutes of sleep that may account for the benefits associated with brief naps.

Report by Sandi Steep from the journal article by Dr Amber Brooks and Dr Leon Lack, "Effects of Brief Naps of Different Lengths", SLEEP Vol 29, No 6, 2006, p831-840.

- Nappers in history include Winston Churchill, who napped throughout World War II (enthusing that a good afternoon snooze created two days out of one), and Napoleon who dozed on the battlefield. US Presidents Kennedy and Reagan were apparently big cat-nappers, as were Edison, Einstein, Brahms and Leonardo da Vinci.

Do you nap? **Sleep Times** would like to know your experiences (see contact details at end).

In Brief

- **Bay of Plenty:** The Christmas lunch on 26/11 was enjoyed by 20 from the group. With holidays ending, plans are being made for February/March. Another coffee morning will happen in February and Mark would like to hear from the next person happy to host it. Those coming should contact Mark or Gail at markandgail@callsouth.net.nz or (07) 576-7404.
- **Auckland:** the next meeting is on February 20, when Pru Miller will talk about the history and development of CPAPs. Venue: Masonic Centre, 131 Market Road, Epsom, at 7pm. Refreshments provided! Contact jeremysp@xtra.co.nz if you are coming.
- **Wairarapa:** Geoff Dennis is the local contact for SAANZ members - tel (06) 378-8603 as usual (but Dennis has moved).
- **Invercargill:** the first meeting on 28/11 was a big success with over 70 present. Next meeting on 27/2 at 7.30pm at Federated Farmers, 70 Forth Street. Karen can be contacted on (03) 213-0027 or at jimbarnes@xtra.co.nz
- **The Tongan Health Society** have a Sleep Apnoea Group which meets fortnightly. If you are interested, contact 'Ana Tatafu or Lee Ahokoui on (09) 636-4129. The meetings are at The Langimalie Health Clinic, 1 Fleming Street, Onehunga.
- **Travel:** The Sleep Times airline and shipping company research is on-going (maybe they have all been on holiday!) We would like some more examples of your traveling experiences to balance the 'official' replies....
- **Sleep Times poll:** SAANZ members were asked for their opinion on Sleep Times. This was not a scientific poll, but the results were interesting. Scored on 1 to 10 (where 1 was poor and 10 excellent), the results (to 31.12.06) were: 8 and above, 64.5%; 6 or 7, 23%; 5 and below, 12.5%.
- **Can you help?** Sleep Times likes to hear reader's experiences with sleep apnoea. Your story, and how you cope, may well help others, as 'true life' stories makes them feel less alone: 'A problem shared is a problem solved'. The Editor won't publish anything without your knowledge. Contact the Editor on 09 577-4073, or email jeremysp@xtra.co.nz
- **Sleep Times** is published in February, May, August, November. Copy deadline 15th of previous month.