

## **“Overview of Sleeping Disorders”**

**Presenter: Dr Antonio Fernando**

Dear members

We are pleased to report back on the recent CCiG seminar we had on the 30<sup>th</sup> June 2021. Thank you to those who joined the in person session regardless of the cold and wintery weather. We had twenty-one (21) out of 35 enrolled colleagues joining the evening event in-person and 66 out of 167 registered participants joining the seminar via zoom. ‘Thank you to everyone for staying back and helping us re-arrange tables and chairs.



**We were privileged to have Dr Antonio Fernando sharing his insight on “Sleeping Disorders”.**

Tony is a psychiatrist, sleep specialist from Auckland. He just passed his PhD oral examinations at the University of Auckland, studying compassion in medicine. He obtained his medical degree from the University of the Philippines and his psychiatry and sleep training at the University of Pennsylvania. He has been awarded multiple teaching awards by medical students and the faculty of medicine in Auckland. In 2012, he was awarded by President Aquino of the Philippines for his services to sleep medicine and medical education. In 2015, he received the Chair’s award by the New Zealand Medical Association, the highest recognition given by the association to any doctor in New Zealand for his work on physician wellbeing. In January of 2017, he received temporary ordination as a Buddhist monk in Myanmar. He plays the cello, is a cheap-eats foodie and despite his fear of the water, has swum across the Auckland Harbour a few times and competes in ocean races.



Tony’s presentation was very informative, humorous and engaging. He started with assessing the general knowledge of attendees:

- how much sleep we need per day
  - snoring
  - sleep deficits;
  - the use of alcohol to help with sleeping;
  - naps
- falling asleep in meetings
  - reactions to waking up in the middle of the night
  - effect of gadgets on sleep
  - insomnias
  - night owls
  - clock problems
  - sleepwalk, sleep talk and parasomnias which include sleep terrors, sleep paralysis.

He presented a survey done on sleep disorders among university students (Samaranayake et al. 2014). The study surveyed 1,292 students from the University of Auckland. The results showed that 509 had specific conditions causing sleep symptoms, including anxiety, depression, delayed sleep phase disorder, problematic alcohol use, parasomnias, general health, primary insomnia and obstructive sleep apnoea.

Tony further discussed why we need to sleep, the sleep and life stages, sleep stages, sleep REM (rapid eye movement), and how people respond to awakening during the different sleep stages.

He described the sleep behaviours of teenagers and how having a good sleep can contribute to being smarter, mentally more balanced and better in sports. He also noted that in New Zealand, schools’ start later compared to the schools’ start time in other countries like the Philippines, which starts from 6.30 am and finishes late at 6.00 pm.

He also talked about the use of polysomnograms for sleep apnoea, the major groups of sleep symptoms. The primary symptoms include insomnia, excessive daytime sleepiness and parasomnias, as well as how our thinking style can impact our sleep. Thinking styles include perfectionists, over-thinkers and ruminators, as well as controlling types.

He recommended a useful tool “the Auckland Sleep Questionnaire”. The purpose of this tool is for diagnosing causes of sleep disorders in primary care. It was developed by Bruce Arroll, Antonio Fernando III, Karen Falloon, Guy Warman and Felicity Goodyear-Smith and published 2011 in the *Journal of Primary Health Care* 3(2) 107 – 113.

Lastly, Tony presented tips on how to enhance sleep. Here are some of the apps for mindfulness meditation training he recommended which can be found on the website [calm.auckland.ac.nz](http://calm.auckland.ac.nz). The Apps include:

- Waking up (Sam Harris)
- Headspace
- Buddhify
- Smiling Mind

For insomnia, he recommended the following resources:

- [amindfulway.com.au](http://amindfulway.com.au)
- [Sleepio.com](http://Sleepio.com)
- [Sleepeducation.org](http://Sleepeducation.org)
- [Sleephub.com.au](http://Sleephub.com.au)

The take home message from Tony is *“using electronic devices before bed is a bad, bad and very bad habit as it will affect the quality of your sleep”*.

There were a lot of questions from both the in-person and zoom session. Feedback from attendees was very positive, eg: .

*“Excellent presenter. Clear concise information. Keen to hear him again on other subjects he alluded to.”*

*“I would listen to Dr Fernando on any topic. Such a great, speaker, different perspectives, and always interesting”*

*“It was an interesting and engaging presentation. Toni clearly has a wealth of knowledge in this area and shared it in a very accessible manner. The only issues with the evening were the sound issues online, which were resolved quickly. Thank you to all involved.”*

We would like to take the opportunity to thank those who completed and submitted the online feedback after the session. We scored 90+% for all the evaluation indicators for both the in-person and zoom sessions. We do apologise for the sound system at the start and end of the session. We really appreciate that despite the technical issues, attendees valued the excellent presentation. .



**[YOU CAN CLICK HERE TO VIEW THE POWERPOINT SLIDES.](#)**

Please contact [cald@waitematadhb.govt.nz](mailto:cald@waitematadhb.govt.nz) for password to access the recorded session.

## LOOK OUT FOR THE NEXT CCIG SESSION

**The August 2021 topic will be announced soon.**

Thank you again for your interest and support and we look forward to seeing you at our next meeting.

***Sue Lim, QSM, eCALD® Services and Patrick Au (the facilitator of this session)  
on behalf of the Cross Cultural Interest Advisory Group***

*For more information about the advisory group, newsletters, membership application, previous topics, please go to <https://www.ecald.com/cross-cultural-interest-group/>*

