

Māori Health Review

Making Education Easy

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Sleep problems

Authors: Paine S-J et al

Summary: In chapter 13 of *Hauora: Māori Standards of Health IV*, Sarah-Jane Paine, Ricci Harris and Kara Mihaere discuss sleep and sleep disorders in New Zealand. They highlight the fact that Māori are more likely to suffer from insomnia and obstructive sleep apnoea syndrome than non-Māori and that Māori have more risk factors for the development of sleep problems than non-Māori. The chapter acknowledges that disparities in sleep problems between Māori and non-Māori may impact on disparities in other health outcomes and the authors recommend that Māori needs are prioritised in the development, planning, and purchase of sleep services, which need to be appropriate and accessible to Māori. The chapter ends with a framework for understanding health inequities including the direct and indirect effects of racism.

Comment: As the authors of this chapter from *Hauora: Māori Health Standards IV 2000–2005* state, the study of sleep and sleep disorders is a relatively new discipline in Aotearoa. And as such, there are currently limited services for the diagnosis and treatment of sleep-related problems. This chapter describes some of the more common sleep problems including obstructive sleep apnoea and insomnia and the ways in which these can impact on health.

http://www.hauora.maori.nz/downloads/hauora_chapter13_web.pdf

Independent commentary by Dr Matire Harwood

Dr Matire Harwood (Ngapuhi) has worked in Hauora Māori, primary health and rehabilitation settings as clinician and researcher since graduating from Auckland Medical School in 1994. She also holds positions on a number of boards, committees and advisory groups including the Health Research Council. Matire lives in Auckland with her whānau including partner Haunui and two young children Te Rangiura and Waimarie.

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