

Tuesday 19 February 2019

12:04 All Night Programme

Including: **12:05** Music after Midnight;
12:30 Two Cents Worth (RNZ); **1:05** From
The World (BBC); **1:40** The Possibility
Principle (RNZ); **2:05** Music Extra (BBC);
3:05 Snapper in a Landscape written and
told by Declan O'Neill (3 of 6, RNZ);
3:30 Author's View (RNZ); **4:25** Vegetarian
Pets (RNZ); **4:35** Young Farmer of the
Year @50 (RNZ); **4:55** Book Review (RNZ);
5:10 Witness (BBC)

6:00 Morning Report

RNZ's three-hour breakfast news show
with news and interviews, bulletins on
the hour and half-hour, including:

6:20 and **6:50** Business News

6:26 Rural News

6:48 and **7:45** NZ Newspapers

**9:06 Nine to Noon with Kathryn
Ryan**

Current affairs and topics of interest,
including:

10:45 The Reading: These Two Hands - a
memor by Renée

12:00 Midday Report

RNZ news, followed by updates and
reports until 1.00pm, including:

12:16 Business News

12:26 Sport

12:34 Rural News

12:43 Worldwatch

1:06 Jesse Mulligan

An upbeat mix of the curious and the
compelling, ranging from the stories of
the day to the great questions of our time
(RNZ)

**4:06 The Panel with Wallace
Chapman**

An hour of discussion, featuring a range
of panellists from right along the opinion
spectrum, together with expert phone
guests (RNZ)

5:00 Checkpoint

RNZ's weekday drive-time news and
current affairs programme

6:30 Trending Now

Highlighting the RNZ stories you're
sharing on-line

6:55 The House

Legislation, issues and insights from
Parliament (RNZ)

7:06 Nights with Bryan Crump

RNZ's weeknight programme of
entertainment and information

7:35 The Sampler

Nick Bollinger reviews some of the latest
music releases

8:15 Dateline Pacific

A daily current affairs programme
covering the major Pacific stories of the
week, with background and reaction from
the people making the news (RNZ)

8:30 Windows on the World

International public radio features and
documentaries

9:06 The Tuesday Feature

**Raising the Bar: Myths And
Revelations About Sleep, with Tony**

Fernando

At least 20 percent of the population
doesn't sleep well. T Dr Tony Fernando
from the University of Auckland talks
about the myths and current findings
about the science of sleep, sleep
disorders and treatment approaches. His
discussion covers sleep disorders
including insomnia, shifted body clocks,
sleep apnoea, sleep walking, sleep sex
and nightmares. (RNZ)

10:00 News at Ten

A roundup of today's news and sport

10:15 Lately with Karyn Hay

A late night radio show with an eye on
live events, an ear for music, a great
sense of humour and a genuine interest
in people and their stories (RNZ)

11:06 Worlds of Music

Trevor Reekie hosts a weekly music
programme celebrating an eclectic mix of
'world' music, fusion and folk roots (RNZ)