



**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)