

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. 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)