



Thursday 19 January 2023

12:04 All Night Programme

A selection of the best RNZ National interviews and features.

7:00 Morning Report

9:00 Summer Times with Anna Thomas

1:00 Afternoons with Susie Ferguson

3:45 The Panel with Wallace Chapman

5:15 The Latest Series of the Aotearoa History Show

Written by William Ray and hosted by William Ray and Mani Dunlop

6:35 Deeply Human - Sleep (BBC)

Is insomnia really a problem of modern life?

7:15 Our Changing World Summer

8:15 People Fixing the World (BBC)

9:06 The Truth about Jazz

Clive Myrie begins a new series charting the history of jazz *(BBC)*

10:00 News at Ten

A roundup of today's news and sport

10:15 NZ Sporting History

Jesse Mulligan looks back at some historic sporting people and memories.

11:04 Lost and Found

A curated playlist of classics and curious cuts from Aotearoa and beyond. *(RNZ)*