

Dr Tony Fernando

Tony is a psychiatrist and sleep specialist from Auckland, New Zealand. He recently passed his PhD oral examinations thesis (University of Auckland) on compassion in medicine. He obtained his medical degree from the University of the Philippines and his psychiatry and sleep training at the University of Pennsylvania. He has been awarded multiple teaching awards by medical students and the faculty of medicine at the University of Auckland.

In 2012, he was awarded by President Aquino of the Philippines for his services to sleep medicine and medical education. In 2015, he received the Chair's award by the New Zealand Medical Association, the highest recognition given by the association to any doctor in New Zealand for his work on physician wellbeing. In January of 2017, he received temporary ordination as a Buddhist monk in Myanmar.

He regularly teaches mindfulness meditation and emotional balance to inmates at Mt Eden Correctional Facility. During the Covid19 Lockdown, he recorded guided meditations for use within the NZ prison system as prisoners were in isolation for 23 hours a day.

He plays the cello and is a cheap-eats foodie. Despite his fear of the water, he learned to swim in 2014 and has now swum across Auckland Harbour a few times, competed in ocean races and recently swam from the north shore of Auckland to Rangitoto Island.