








Sleep apps

Often your sleep can suffer at times of stress. There are lots of apps that have been designed to help you relax and develop good sleeping patterns. Most are free initially, but many contain in-app purchases.

App	Description and Device Compatibility
	<p>Sleep Cycle This app tracks and analyses your sleep patterns, using your phone's microphone to pick up your movements as you sleep. It can determine whether you are in light, deep or REM sleep, and can pinpoint the optimal window for your wake up time, during your lightest sleep phase. iOS and Android FREE</p>
	<p>Relax and Sleep Well Created by a hypnotherapist, this app offers four free hypnotherapy and meditation recordings (more are available to purchase). The recordings have background sound effects designed to guide you to a deep level of relaxation. iOS, Android, Kindle FREE</p>
	<p>Sleep Time Like Sleep Cycle, this app uses an algorithm to analyse sleep and provide insight into your sleep patterns. It learns to wake you at the optimal time. There are also relaxing sounds that simulate the natural environment, like gentle waves and rain forest storms. iOS and Android FREE</p>
	<p>Pillow This is another sleep tracking and analysis alarm clock, which uses algorithms to give you a detailed picture of your sleep sessions. It is integrated with Apple's Health app to analyse how factors such as blood pressure, weight, heart rate, alcohol and caffeine consumption can affect your sleep. iOS only FREE</p>
	<p>Get Deeper Sleep – 45 Min Rule This app works on the theory of sleep/wake cycles. Android only FREE</p>
	<p>Sleep by Wysa You can listen to a different sleep story every day to help alleviate stress. Also has sleep sounds and sleep melodies. Android FREE</p>

Libraries NI is not endorsing or promoting any product, service or company mentioned in this document and other products are available

	<p>Sleep Sounds Aims to help you relax and sleep with sleeping sounds, nature sounds, rain sounds, meditation sounds and white noise. Create your own mixes of sound to help you relax and sleep. Android FREE</p>
	<p>Pzizz – Sleep, Nap, Focus The app plays you "dreamscapes", which are a mix of music, voiceover, and sound effects that change each night, to help quiet your mind and put you to sleep. iOS and Android FREE</p>
	<p>Free Calm Sleep Guided meditations, relaxing music and sleep sounds Android FREE</p>
	<p>Relax Melodies Customise by making a personal blend of relaxing and nature sounds and combining with a melody. There is also a choice of mindfulness meditations that can be laid over the top of the mix to lull you to sleep. You can also access melodies shared by the Relax Melodies community, as well as integrate your favourite songs from your music library. iOS, Android, Kindle FREE</p>
	<p>Calm – Meditate, Sleep, Relax Guided meditations of various lengths, sleep stories, breathing programmes, relaxing music. Every day there is a new Daily Calm exercise to help you to de-stress iOS and Android FREE</p>
	<p>Sleepio This is the companion app for the Sleepio CBT programme. You need to create a Sleepio account by taking a sleep test at www.sleepio.com/nhs iOS FREE</p>
	<p>Rain Sounds – Sleep Ambience Customise the settings and fall asleep to the soothing sound of falling rain. Android FREE</p>