

Need better sleep?

There's an app for that!

Sleep apps are designed to either help you fall asleep while others help you to track your sleep habits. Many sleep apps are FREE but have ads while others are FREE for a short time, then require paid subscription after the free period ends. Still others have paid ads which cover the cost, but ironically may interfere in your sleep. Take a look at these apps below, read reviews, and try a few out. You might get a better night's sleep.

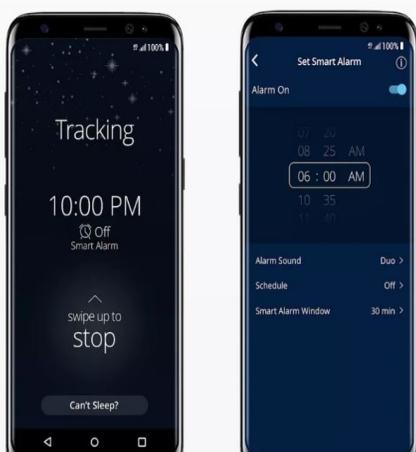
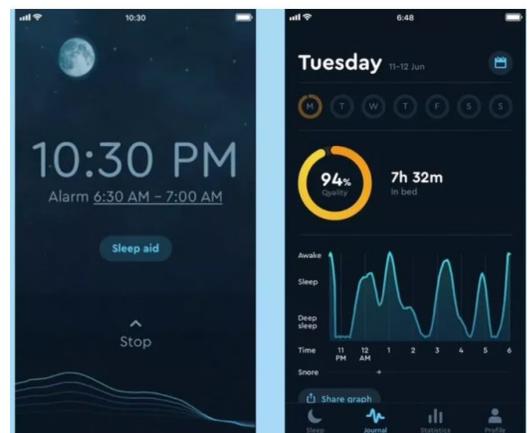
Tracking your sleep habits be a wonderful way to learn about your sleep patterns; it is a little like a visit to a sleep clinic that you can do right in you own home. Here are a few recommendations.



Sleep Cycle uses your smartphone and other sensors to record your sleeping habits, the free app uses sleep cycle theory to wake you at just the right time, ensuring you're getting optimal rest.

Users set a time frame e.g. 30 minutes instead of a traditional single setting on an alarm clock. When the app judges that your sleep movement is just right, it will ring the alarm to wake you. In addition to the "smart alarm", Sleep Cycle records your sleeping habits for tracking sleep quality over time. There is a FREE version, but more advanced options require a fee.

Similarly, **Pillow** tracks sleep using your iPhone or Apple Watch. The app uses sensors to track your sleep duration and quality. It then offers breakdowns as to different sleep stages such as REM and deep sleep, along with heart rate recording and sleep quality assessment, in combination with Apple's built-in Health app. The app comes with a wealth of tracking features, and a \$4.99 in-app purchase unlocks more, such as the option to export your sleep sound recordings, detailed sleep statistics tracking over time, and a power nap mode for shorter bursts of sleep.



SleepScore takes a different approach to recording your sleep quality than some of the other best sleep apps. It removes the need for wearables or the need to place your phone on the mattress to record your movement, rather it uses your phone's microphone and speakers like a sonar station to record your sleep movements. From this, the app gives you a sleep score and a variety of metrics to gauge your sleep quality. A premium subscription costs \$5.99 a month.

Note: On Android, the sleep sonar feature is only certified for certain phones like the latest models of the Samsung Galaxy, Note, and Google Pixel.

Need help getting to sleep?

There's an app for that!

Choose Well **Oregon TECH**
Integrated Student Health Center

It seems like half the battle in getting a good night's sleep is the process of actually falling asleep. However, thanks to modern technology there are many apps which can help us do just that. Either by providing white noise to allow your mind to relax, guiding a person through a form of sleep inducing meditation, or simply by telling the listener a story, apps can help you fall asleep faster. Here are a few examples of popular "getting to sleep" apps for adults.

Meditation is a way to relax so you can fall asleep. Calm is technically free, but you will need a subscription to use it. It is free for a 7-day trial period then will require a payment to use it on some level. Different levels have different prices. With sleep stories (including some narrated by Matthew McConaughey), soothing music, and guided lessons on gentle movements that will relax the body, Calm might be the answer to making sure that your mind doesn't drift back to the day's anxieties and stressors.



Free: The free version of this app will give you access to a limited number of soundscapes, timed meditation options, day 1 of all the multi-day meditation options and certain sleep stories.

Premium: For a monthly or yearly subscription, you can unlock the app's entire library of more than 120 sleep stories, hours of guided meditation, master classes and exclusive music tracks.



Described as being the "best for insomniacs" Pzizz uses the psychological effects of sound to treat insomnia.

This app works on or off line, Pzizz states it has, "100 billion sleep music sequences called 'Focuscapes' to help you stay alert during the day." When it comes time to sleep, Pzizz features programmed alarms called "Dreamscapes" which help you sleep or nap depending upon your sleep needs and wants.

Free: The free download will give you access to the "Classic Pzizz" content and features.

Premium: This version of the app features many sequences of sounds to sleep, nap and wake up. It also have the ability to adapt to your sleep needs the more you use it.

Although not found on many review lists yet, Audio Sleep is a FREE app that provides both adult sleep stories and white noise to help you relax. The app had been criticized for having "interruptive ads" however, the developers seem to have adjusted this problem and ads now appear as a scroll on the bottom of the app. During a story, the narrator pauses for the ad and no sounds can be heard. Once the ad is finished, the story continues. What I like about this app is the unusual white noise options that are available. Alongside "rainy day" sounds and "gentle island breeze" sounds are options of household items such as a washing machine or oscillating fan. Also, a "purring cat" or "pink noise" (which sounds like radio static) are available. I find that the app has enough options that are very helpful and the price is right for anyone.

