

# Sleep/Meditation Apps



**Calm:** App for iPhone and Android

Cost: Free with In-App Purchases

Calm is the perfect mindfulness app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule.

**Breath2Relax:** App for iPhone and Android

Cost: Free

The mobile app Breathe2Relax has been particularly popular, showing a 30% increase in use from the week before. You can track progress over time with this tool, which is designed to lower stress and reduce anxiety through instruction and practice on diaphragmatic breathing. Breathe2Relax also supports good sleep habits, which are critical during periods of increased personal demands, erratic schedules and uncertainty.

**White Noise Lite:** App for iPhone and Android

Cost: Free

If you want to fall into a deep, blissful sleep while listening to the sounds of ocean waves and soothing sounds, White Noise Lite may be the best sleep app for you. The app comes loaded with several looped sounds, such as a burning campfire, swaying boat, and thunder. You can also set a gentle alarm (guitar strum, chime, violin, and more) to wake you up.

**Relax Melodies: Sleep Sounds:** App for iPhone and Android

Cost: Free with In-App Purchases

Can't sleep? Discover Relax Melodies, the soothing app that makes sleep easy.

Relax Melodies makes you fall asleep in minutes by helping you combine Soothing Sounds, Bedtime Stories, Sleep Meditations, and SleepMoves. Relax Melodies is recommended by leading doctors and neuropsychologists to give you a better night's sleep.

**Guided Sleep Relaxation:** <https://youtu.be/8TDcGYmEgyM>

<https://awakeandmindful.com/best-free-guided-meditations-for-sleep-and-insomnia/>

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**Mindful Meditation:** [https://www.copperbeechinstitute.org/guided-meditations?gclid=Cj0KCQjwybD0BRDyARIsACyS8mtpY1s7e0DKZrx0ha9R6obi9avQAMiw347D7qnaEvv18MqZhwLr6saAmkwEALw\\_wcB](https://www.copperbeechinstitute.org/guided-meditations?gclid=Cj0KCQjwybD0BRDyARIsACyS8mtpY1s7e0DKZrx0ha9R6obi9avQAMiw347D7qnaEvv18MqZhwLr6saAmkwEALw_wcB)