SLEEP APPS

These apps can help you plan for a good night’s sleep.

SleepBot – Free
A critically acclaimed sleep cycle tracker and smart alarm in which you can customize how you want to sleep and wake up gently each morning during your lightest sleep phase.

Relax Melodies – Free
An app that creates a relaxing ambiance with zen sounds and white noise. Lay back, listen, and enjoy falling asleep.

Sleep Time – Free
Smart alarm clock that analyzes your sleep and wakes you up at the perfect moment of your lightest sleep phase.

Silva Relaxation – Free
A meditation app that helps you de-stress, unwind and relax in preparation for a restful sleep.

Sleep Genius – Free
A scientifically designed sound program that uses neurosensory algorithms to help your brain get ready for sleep, guide your brain through each stage in the sleep cycle, and wake you with a gentle, refreshing alarm.

White Noise – $1.99
Features ambient sounds of the environment to help you relax during the day and sleep great at night.

Sleep Machine – $1.99
Assortment of professionally mastered ambient sounds designed specifically for achieving a total relaxed state and improving sleep. You can mix iPod music with your favorite sounds too.