

8 Great

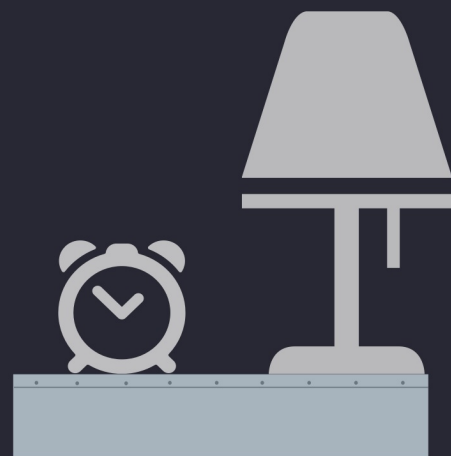
Sleep Apps

Use these apps to fall asleep faster, get a more restful nights sleep, and gain valuable information about your sleep quality

Sleep Genius

Identifies your optimal bedtime, provides gradual awakening alarm clock, relaxation programs to help you fall asleep faster, and allows you to schedule power naps throughout the day.

1



2

Sleep Time+

Provides insight into your sleep patterns by tracking your level of movement throughout the night and wakes you up at the optimal time. It also comes with relaxation music.



3

Sleep Better

Offers a smart alarm, colorful graphs of your sleep activity, and the ability to record specific triggers that might affect your sleep, such as alcohol consumption, daily exercise, and stress.



4

Sleep Bot

Tracks your sleep activity through a variety of metrics in order to help you get a good night's rest. Provides a detailed knowledge base to help you learn about smart sleeping habits.



5

Smart Alarm Clock

Multiple modes for combinations of motion-tracking and noise-recording, includes a library of both wake-up music and sleep inducing track that can be played for up to 90 minutes. (iPhone & Android: \$1.99)



6

Pzziz

Their sleep system lets you set a listening duration for their soothing sounds to help you relax and fall asleep faster.



7

Relax Melodies

Sleep app that allows you to select sounds and melodies and combine them to create a lullaby mix. Adjust the volume of each sound individually for more tailored results.



8

White Noise

This app generates soothing audio background noises (white noise, rainfall, ocean waves) to mask distracting noises in your environment. This helps you fall asleep quicker and stay asleep.

