

Apps for a Better Night's Sleep

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Apps are listed by alphabetical order of the sleep-related subjects and are free unless otherwise indicated. This list of apps is a companion piece to a feature article, also by Justin Jacques, that appeared in the Winter–Spring 2020 issue of *The Advocate Magazine*, vol. Vol. 43, Nos. 1 & 2, “Innovative Neurocounseling Interventions That Improve Sleep (Zzzzzzz, Mmmmm),” pages 41–46.

Anxiety

- FearTools



- MindShift



Background Noise

- Focus Zen- Be More Productive (free)



- Rain Rain Sleep Sounds



- Relax Melodies



Depression

- Calm Harm



- MoodTools



- Virtual Hope Box



Disordered Eating

- Recovery Record



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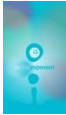
Disordered Eating

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- Rise Up + Recover



- In the Moment-Mindful Eating (\$0.99)

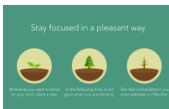


- Mindful Eating Tracker-Self-help Journal (\$2.99)



Goal Setting/Productivity

- Forest Stay Focused Be Present (\$1.99)



- Productive-Habit Tracker & Goals Reminder



- Swipes-To do &Task list



Mindfulness/Relaxation/Breathing

- 1 Giant Mind



- Breathe2Relax



- Calm-Meditation techniques for stress reduction



- Deep Breathing Exercises and Pranayama Techniques



- Headspace Guided Meditation and Mindfulness



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Mindfulness/Relaxation/Breathing
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- Meditation Studio-Guided meditations and courses



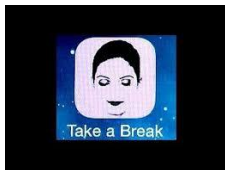
- Mindfulness Coach



- Stop Breathe & Think



- Take a Break



Miscellaneous

- ACT Coach (Acceptance and Commitment Therapy)



Mood/Symptom Tracking

- My Mood Record Lite

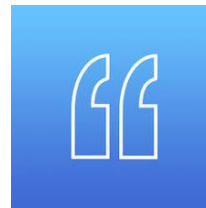


- T2 Mood Tracker



Quotes/Inspiration

- Daily Quote of the Day



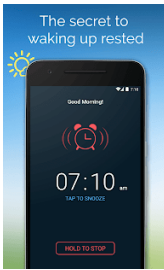
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Sleep

- CBT-I Coach



- Good Morning Alarm Clock-Sleep Cycle Alarm Clock



- Good Morning Alarm Clock-Sleep Cycle Tracker (\$3.99)



- Sleep Cycle Alarm Clock



Panic

- Panic Shield



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