

SLEEP APPS

If you are struggling to get to sleep, try counting sleep apps instead of sheep – there are many of them! Just kidding. But here are our favourites...

Sleep Cycle

Free 30 day trial for Android and iOS



Sleep Cycle analyses your sleep and wakes you up at the most perfect time, feeling rested. Waking up easy is all about timing. Sleep Cycle alarm clock tracks your sleep patterns and wakes you up during light sleep. Waking up during light sleep feels like waking up naturally rested without an alarm clock.

Calm

Free for Android and iOS



Calm is a great app for doing exactly that - calm. It is a great app for beginners to learn meditation and it includes some nice tracks for children for bedtime, too. There is a seven-day sleep program for people who have difficulty sleeping. This app is free, however some of the additional features have to be purchased.

What's Up?

Free for Android and iOS



Sometimes we find it hard to sleep because we ruminate, have worries or are anxious. Cognitive Behavioural Therapy (CBT) involves learning more about how you think and how your thoughts affect your emotions. This app uses CBT to train you how to identify negative thinking patterns and the sources of your anxiety or worries. It features breathing techniques, habit and anxiety trackers, emotions diary and forums.

Smiling Mind

Free for Android and iOS



Smiling Mind is a non-profit organisation that was created to increase happiness and compassion in the world – this app is one step towards that goal. It is categorised by age group and thus accessible for children, adolescents and adults. We love the category on workplace – because “mental health is everyone’s business.”

How do you sleep?

Do you feel well rested after a night's sleep?

Do you have trouble adjusting to your shift patterns?

Sleep is vital for our productivity, creativity & wellbeing



Useful Websites

sleepfoundation.org

Education and advocacy of sleep (USA)

sleepcouncil.org.uk

Education and advocacy of sleep (UK)

betersleep.org

Consumer education on sleep products

sleepandhealth.com

International journal for health professionals and those interested in the science of sleep

sleepio.com

Online sleep therapist app
(for android and iOS, fees apply)

Talk Works is a team of **experienced Psychologists and Counsellors**, providing one-to-one talking therapy for individuals and groups, as well as bespoke training packages.

We offer a confidential service, please contact us on

T. 0191 490 9301 E. talktous@talk-works.org.uk www.talk-works.org.uk

Gateshead International Business Centre Mulgrave Terrace Gateshead NE8 1AN