

RESOURCES TO SUPPORT YOUR SLEEP



pzizz

This app helps you calm your mind, fall asleep and wake up feeling refreshed. It uses 'dreamscapes', a combination of music, sounds and voiceovers based on the latest clinical research.
Free with paid upgrades.

Clinically evidenced and personally tailored sleep improvement programme. Based on cognitive behavioural therapy (CBT), it teaches you both behavioural and cognitive strategies to calm your mind and improve your sleep patterns. *Free through the NHS in some areas.*

Sleepio

Sleep by Headspace provides hours of bedtime meditations, sleep music and soothing soundscapes to help you put your mind to rest. Also includes 'sleepcasts', calming bedtime stories.
Free trial and paid subscription afterwards.

 **headspace**

Clinically validated online sleep improvement programme helping you to fall asleep faster, stay asleep longer and get better quality sleep. Includes access to a team of sleep coaches who will be there to support and guide you. *Free with a GP referral in some areas.*



Calm is a sleep, meditation and relaxation app, helping you to focus, calm your mind and improve the quality of your sleep. It includes exercises, soothing music and sleep stories.
Free with paid upgrades.

 **Sleep Cycle**

Sleep Cycle tracks and analyses your sleep, waking you up while in light sleep - so you feel rested in the morning. Tracking your sleep patterns also helps you be more aware of your sleeping habits.
Free with paid upgrades.