

# Best Sleep Apps for iPhone and Android



## Sleep Cycle Alarm Clock

**iPhone** – 4.5 stars – \$0.99

Sleep Cycle Alarm Clock is one of the top paid iPhone sleep apps for obvious reasons. It not only analyzes and graphs your sleep quality, but also lets you add sleep notes, and wakes you up at your lightest sleep time using soothing tones. All you need to do is place your iPhone under the sheet on a corner of your bed.



## Sleep

**iPhone** – 4.5 stars – \$0.99

This app will send you into dreamland with hundreds of soothing sounds, gentle lullabies, and hours of relaxing music. Designed to help you unwind and release the tensions of the day, the Sleep app is a remedy for the overworked mind.



## SleepBot

**iPhone** – 4.5 stars – Free

Using SleepBot tracker to understand your sleep patterns can be just the insight you need. The motion and sleep tracking capabilities of this app combine to give you useful information about your sleep cycles. The app allows you to see your nighttime slumber in graph form and gives you an idea of when you're getting the most and least amount of rest.



## Deep Sleep with Andrew Johnson

**iPhone** – 4 stars – \$2.99

**Android** – 4.5 stars – \$2.99

This app brings you a guided meditation. Johnson's calm and soothing voice takes you on a journey to a more peaceful place, and leaves you deeply relaxed with a clear mind as you drift off to sleep. This app will rid your mind of the chatter that often plagues insomniacs.



## Insomnia Cure

**iPhone** – 4 stars – \$2.99

Packed with hours of audio content and 40 pages of insomnia tips and learning tools, the Insomnia Cure is the brainchild of internationally renowned hypnotherapist Max Kirsten. This app comes after Kirsten's highly acclaimed apps for weight loss and smoking cessation.



## Yoga for Insomnia

**iPhone** – 4 stars – \$4.99; **Android** – 5 stars – \$4.99

Yoga for Insomnia is based on traditional Hatha yoga practices and incorporates poses that stretch and relax the body. Mindfulness and breathing techniques are combined with soothing music and illustrations of poses to create a restful ambiance. Allow your body and mind to unwind and release the tensions of the day.



## Relax & Sleep by Glenn Harrold

**iPhone** – 4 stars – Free; **Android** – 3.9 stars – Free

Profound relaxation through self-hypnosis will lead you out of the land of insomnia and into a world of restorative rest. Glenn Harrold narrates your journey to inner peace. His soothing voice is laid over subtle, calming background tones to create an effect that will have you falling asleep naturally in no time.



## Pzizz Sleep

**iPhone** – 3.5 stars – \$4.99

Each time you use this sleep app, a unique soundtrack is created using soothing sounds and inspiring words. Your stress will melt away as you drift gently to sleep. You can set Pzizz Sleep to play for 10 minutes to 10 hours. Settings also include the ability to control the volume of individual elements.



## Sleepmaker Rain

[iPhone](#) – 3 stars – Free; [Android](#) – 4 stars – Free

With a 24-hour timer, you can wake up refreshed after falling asleep to nature’s soothing tones of rain. Recordings range from the gentle sounds of raindrops on forest foliage to an all-out thunderstorm, allowing you to select the type of rain that you respond to best.



## Nature Sounds Relax and Sleep

[Android](#) – 4.4 stars – Free

This simple app allows you to play a variety of nature sounds. Whether it’s a crackling campfire, songbirds, or the roar of the ocean surf that relieves your tension and calms your mind, this app has them all. Tranquil images accompany the soundtracks, giving you a visual focal point as you listen and allow your body to relax and drift to sleep. When the built-in timer wakes you, you’ll feel refreshed and ready to face the day.



## Sleep Soundly Hypnosis

[Android](#) – 4 stars – Free

Kym Tolson, a licensed hypnotherapist, offers a guided relaxation session to have you sleeping like a baby in no time. The app comes with a ministore where you can purchase all of her hypnotherapy sessions. Conquer your fear of flying, stop biting your nails, or learn to study more effectively with Tolson’s guidance, purchased through this app.



## Relax Melodies

[iPhone](#) – 4 stars – Free; [Android](#) – 4.4 stars – Free

This visually pleasing and interactive “mixer” lets you select and blend your own elixir of gentle music and nature sounds to enhance relaxation. You can overlay sounds from frog to flutes, and tweak the volume control of each. Add in noises or remove them. You can also select from a “favorites” section of specially blended sounds designed to soothe.



## Relax & Rest Guided Meditations

[iPhone](#) – 4.5 stars – \$0.99; [Android](#) – 4.5 stars – \$0.99

These three meditations of varying lengths are designed to have a calming effect and guide you into a deep, restorative sleep. You can select to listen for 5, 13, or 24 minutes, and the meditations can be accompanied by music or sounds of nature.



## Long Deep Breathing

[iPhone](#) – 4 stars – \$0.99

Long, deep breathing is used as a tool in both meditation and yoga. It plays an important role in all aspects of your health, from helping you gain control of your emotions to aiding in physical healing. This app will teach you breathing techniques to help you overcome insomnia.



## aSleep

[iPhone](#) – 3.5 stars – \$0.99

Ready to shake and shuffle for a new listening experience each time, this app comes packed with 65 high-quality stereo sounds. It’s simple to use: Pick a sound, set the timer, and start the clock. In addition to helping you fall asleep naturally, this app is also useful for meditation, yoga, and stress relief.



## Relaxing Nature Scenes

[iPhone](#) – 4.5 stars – \$1.99

Relaxing Nature Scenes is loaded with 20 individual themes, each with four soundtracks offering the ability to customize your own relaxation experience. Choose from over 100 individual sounds and combine them to make the perfect mind retreat.