

Helpful Apps

Insight Timer

Insight Timer is a website and application that provides a variety of audio and videos for stress reduction and sleep aid. Guided meditations, inspirational talks, calming music and educational courses are provided. This app is free on the Apple App store.



Tide

Tide integrates sleep, meditation, relaxation and focus aimed to help you improve your physical and mental health. This app includes soundscapes and meditation practices to help you relieve stress, stay focused, relax with mindfulness and sleep better at night. This app is free on the Apple App store.



Slumber: Fall Asleep, Insomnia

Slumber: Fall Asleep, Insomnia is a collection of sleep-inducing stories and meditation designed to help you beat insomnia so that you can fall asleep quickly. This app allows you to adjust the nature sounds and background effects to help you create the best ambiance for your restful sleep. This app is free on the Apple App store.



Relax Melodies: Sleep Sounds

Relax Melodies allows you to choose sounds and melodies to customize and mix on sleep melodies to lull yourself to sleep, as well as provides other guided exercises for an improved sleep. This app is free on the Apple App and Google Play stores.



Sleep Cycle—Sleep Tracker

Sleep Cycle monitors your sleep patterns and detects snoring, sleep talking, coughing and other sounds. It provides you with statistics and daily sleep graphs so you can get a better understanding of what's occurring when you sleep, including what may be interfering with a good night's sleep. This app is free on the Apple App store.



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The IMPORTANCE of Sleep



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ack of sleep can have a negative impact on academics, physical and mental health, and overall daily life. This may include lack of alertness, excessive daytime sleepiness, impaired memory, increase in relationship stress, decrease in quality of life and a greater likelihood for accidents and injuries. Therefore, getting adequate and quality sleep is vital for your productivity, energy and overall mental/physical health.

How much sleep do I need?

Teenagers (Ages 14–17)

» 8–10 HOURS

Young Adults (Ages 18–25)

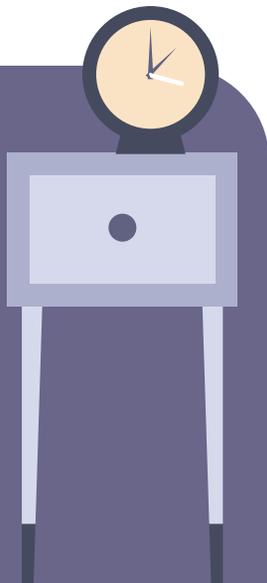
» 7–9 HOURS

Adults (Ages 26–64)

» 7–9 HOURS

Older Adults (Ages 65+)

» 7–8 HOURS



Sleep Hygiene

Sleep hygiene is a term used to describe healthy sleep habits that can help you get quality sleep. A multitude of research has been conducted to develop guidelines and tips to reduce sleep difficulties and enhance good long-term sleeping, such as the following:

- » **BE CONSISTENT:** Establish a regular sleep schedule, even on “off days.”
- » **CREATE A COMFORTABLE ENVIRONMENT:** Make your room dark and quiet.
- » **SLEEP ONLY IN YOUR BED:** Practice associating your bed only with sleep.
- » **SLEEP WHEN YOU’RE SLEEPY:** Try to sleep when you feel tired or sleepy, rather than spending too much time awake in bed.
- » **EXERCISE AND EAT WELL:** Regular exercise and a healthy, balanced diet will help you sleep well. Avoid strenuous exercise and big meals approximately two hours before bed.
- » **AVOID TAKING NAPS:** Avoid taking long naps later in day to make sure that you are tired at bedtime.
- » **JOURNAL FOR SLEEP:** A sleep journal can help you find causes for poor sleep and make necessary adjustments.
- » **RITUALS FOR SLEEP:** Develop your own sleep rituals including activities that help to remind your body that it is time to sleep, such as stretching, taking a warm shower and drinking caffeine-free tea before your bedtime.
- » **PRACTICE MINDFULNESS AS YOU FALL ASLEEP:** Sleep meditations will encourage you to focus on your breathing and let go of any unhelpful thoughts/emotions while you try to sleep.
- » **AVOID CAFFEINE, ALCOHOL AND NICOTINE:** Avoid using these substances for at least four to six hours before going to bed.

