Apps to Help You Sleep
iOS and Android

Alarm Clock

Sleep Cycle Alarm Clock
Analyzes your sleep and wakes you up during the lightest phase of your sleep. Wake up feeling well-rested.

Alarmy
Alarm clock that makes you take a picture, do a math problem or shake the phone to turn it off. Discourages hitting the snooze button.

Bedtime
Allows you to set the amount of time that you want to sleep each night. The Clock app sends reminders to go to bed and sounds an alarm to wake you up.

Organization

Google Calendar
Organize your time across devices and get an overview of your day and week, perfect for scheduling in seven to 9 hours of zzz's.

Asana
Quickly write down your tasks and organize them in one place.

Thrive at UT

Thrive at UT
A free app designed to enhance student well-being. The app covers eight topic areas: community, gratitude, self-compassion, mindfulness, mindset, thoughts, moods and purpose. The app helps you make small shifts in your everyday behavior, including changes that benefit your sleep quality.

Time Managment

Toggl Timer
Use the pomodoro method to keep yourself on task, track your working time and get the most out of study time.

Clockify
A simple time tracker and timesheet app that lets you and your team track work hours across projects.

Rescue Time
Automatic time tracker shows you how you spend your time on your digital devices.

Guided Meditation

Calm
Guided meditations of varied length to help you sleep, as well as other topics.

Headspace
Library of guided meditations and mindfulness exercises.

Breathe
Breathing exercises for mood stabilization, anxiety management, stress reduction.

White Noise

Relaxio
Select sounds and melodies and mix them. You can also adjust volume. Can also be used during relaxation activities.

White Noise
Over 40 sounds to cover bothersome noises while you sleep. You can adjust volume and save your favorites.

Unplug to Dream

Blue Light Filters

Blue-light exposure at night can disrupt circadian cycles that control your sleep.

Activating a blue light filter on your phone blocks this type of light on your electronic devices until the next morning.

SYSTEM	STEPS
Android ▶	Depending on your phone, you can find the settings as follows: **Night Light, Blue Light Filter, Comfort View, Settings > Display > Night Mode > Schedule, Eye Care, Night Display, Reading Mode**
iOS ▶	**Settings > Display & Brightness > Night Shift > Schedule**
Windows ▶	**Settings > Display > Night Light > Night Light Settings**
Mac OS ▶	**System Preferences > Display > Night Shift**

Sleep Schedules

Excessive screen time can interfere significantly with your sleep. Whether it is due to social media, e-mails or text messages, frequent phone use can shorten and lower your sleep quality.

Turning on settings to restrict your phone's disruptions, especially in the evening, can help you maintain a healthy sleep schedule and be more mindful of your daily bedtime and waketime.

SYSTEM	SETTINGS	STEPS
iOS ▶	The Clock app has a Bedtime function that lets you set the amount of time you want to sleep each night. The app sends reminders to go to bed and has an alarm to wake you up. You can combine this with the Do Not Disturb mode to restrict disruptions and notifications. If you use your iPhone when you're supposed to be asleep, you won't get sleep credit for that time.	**Clock > Bedtime > Adjust your sleep and wake times > Schedule > Options >** • Track time in bed - On or Off • Do Not Disturb during bedtime - On or Off
Android ▶	Do Not Disturb mode, also known as Night Mode, lets you mute calls, media and alerts other than your selected exceptions. Doing this prevents your phone from interrupting your sleep with sounds or LED lights.	**Swipe down** (from the top of your screen to open the notification bar) **> Do Not Disturb** to activate OR **Settings > Sound & Notification > Do Not Disturb/Night Mode > Preferences** (priority only and/or automatic schedules)