

9 Best Sleep Apps to Help You Fall Asleep Tonight

Today, it seems that smartphones are involved in every aspect of our lives. We use them constantly throughout the day, why not also use them while we sleep? In this article, we will share with you a collection of some of the most highly rated sleep apps on the market that can help you fall asleep quickly and stay asleep longer.

But don't confine these apps to the bedroom - many of them promote relaxation in general which can help you with all facets of focus and creativity, and may just help you ace that next test or presentation. The myriad possible benefits of these sleep apps include: stress reduction, anger management, and a boost to your energy levels, among others.

Note: be sure that you plug your phone in before letting these apps lull you to sleep; otherwise, you could wake up to a drained battery.

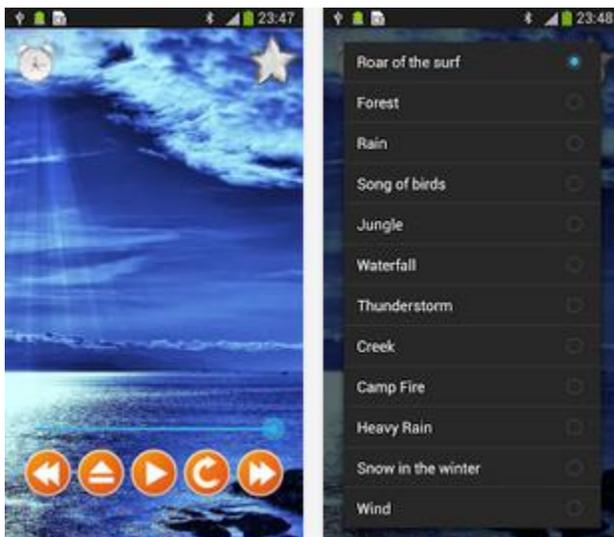
1) Relax Melodies: Sleep Zen Sounds



This app includes sound options, mood settings, and binaural beats, which can be used to help you achieve a meditative state, and will also help with your overall concentration and creativity. Create mixes that best suit your needs and even share them with others.

Free - iPhone and Android

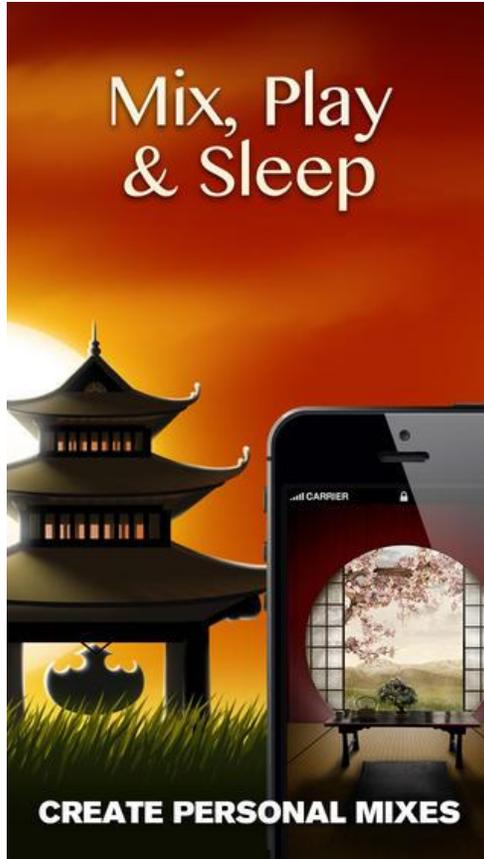
2) Nature Sounds Relax and Sleep



Nature Sounds Relax & Sleep contains 6 high quality relaxation sounds from nature to boost your mood and concentration. Get a restful sleep and wake up feeling refreshed and happy. This app can also be used for meditation or for calming fretful children, or simply to help yourself relax at any time of the day.

Free - Android

3) Relax Melodies Oriental Meditation



This highly trusted brand offers up 36 unique sounds from traditional Asian music, featuring instruments like the Chinese flute and harp, and also includes the peaceful sounds of distant thunderstorms or waterfalls. You can mix, match, and customize the volumes of each sound. Users love the quality of these unusual sounds, which are unlike anything you would find on similar apps.

Free - iPhone and Android

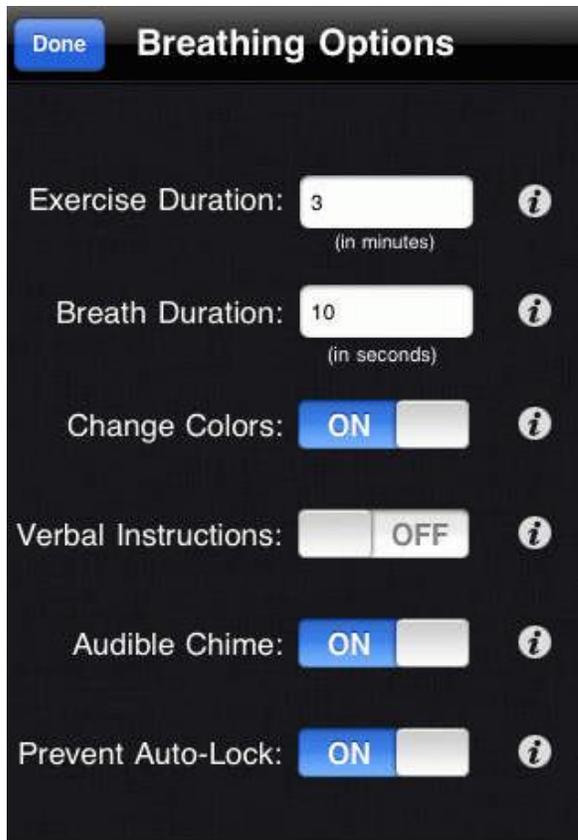
4) Deep Calm



A great app to try if you're having trouble falling asleep, Deep Calm includes 20 high definition nature sounds and relaxation melodies. The easy-to-use interface allows you to set a timer which will automatically turn the sounds off after a specified period of time. It also gives you the ability to mix different sounds and create your own combinations. Not to mention, the user interface is stunning.

Free - iPhone

5) Long Deep Breathing



As any yogi will tell you, deep, slow breaths are essential to connect your mind with your body and help you to achieve full relaxation. This app provides you with an easy and accessible way to learn and practice the Long Deep Breathing technique. You have total control over the experience, so you can find just the right combination of inhalation, exhalation, and breath retention to achieve ultimate relaxation. The Long Deep Breathing app also offers finite control over more advanced pranayam-style breathing exercises.

\$0.99 - iPhone

Similar on the Google Play Store: Peaceful Breathing Lite

6) Free Your Mind Hypnosis & Deep Sleep and Relaxation Hypnosis



Our brains take a beating every day. Give your mind a much-deserved rest with this hypnosis app. The hypnotist's calming voice will help you clear your mind of all the to-do lists, clutter, and general overwhelm that often keeps you from achieving truly restful sleep. This company also offers a full lineup of apps that can help you with various other concerns, including quitting smoking, weight loss, and personal achievement.

Free - iPhone and Android

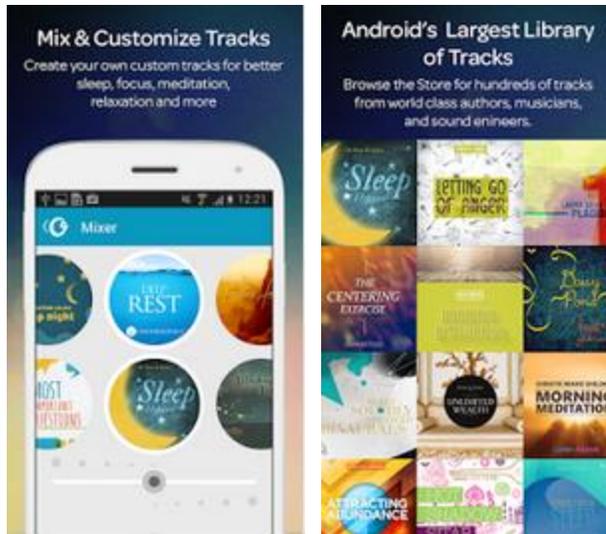
7) Sleep Pillow Sounds: white noise machine lite



This app is everywhere, receiving some much-deserved attention from media outlets such as The Wall Street Journal, Successful Living, and the BBC, to name a few. Its advanced set of high quality sounds is calibrated to create a relaxed environment and put you into a healthy, cyclical sleep pattern. Sleep Pillow Sounds also allows you to create a custom mix of your favorite sounds.

Free - iPhone and iPad
\$1.99 - Full Version

8) Omvana



Omvana allows users to mix customized meditation tracks from their powerful library of sleep enhancement sounds, including those from bestselling authors, famous speeches, and popular binaural audios. You can even record your own meditations and customize them using Omvana's mixing board.

Be aware, this app utilizes in-app purchases for much of its content, and many of the meditation tracks, while excellent, will cost a few dollars to use.

Free - iPhone and Android

9) Sleep Sounds and SPA Music



Use this relaxing app to relieve your mind of clutter and bring you back to the essentials. It includes over 100 different sounds and music tracks, and you can even combine your favorites on the interactive soundscape. Two night timers are included that can each be set to different time intervals.

\$1.99 - iPhone and iPad