Apps to Help You sleep

iOS and Android

Alarm Clock

Sleep Cycle: Sleep Tracker
Analyzes different aspects of your sleep and has a customizable alarm that wakes you up during your lightest sleep phase. Wake up feeling fresh and rested.

Alarmy
Highly customizable alarm clock that asks you to solve math/memory problems, engage in physical activity or take a picture to turn it off. Heavily discourages hitting the snooze button.

Bedtime
Allows you to set the number of hours you want to sleep each night. This app sends bedtime reminders and sounds an alarm to wake you up.

Organization

Google Calendar
Organize your time across multiple devices and get an overview of your day or week. Perfect for scheduling 7 to 9 hours of sleep.

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 8 topic areas: Community, Moods, Mindfulness, Thoughts, Self-Compassion, Mindset, Gratitude, Purpose. This app helps you make small shifts in your everyday behavior, including changes that improve your sleep quality.

Time Managment

Toggl Track
Use the app's pomodoro feature to keep yourself on task, track your working time, and optimize your 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 that records how you spend your time on your digital devices.

Guided Meditation

Calm
Guided meditations of various lengths to help improve sleep and increase overall mindfulness.

Headspace
Library of guided meditations and mindfulness exercises.

Breathe
Breathing exercises for relaxation, stress relief and better sleep. Custom breathing patterns can be created to make personalized exercises.

White Noise

Sleep Sounds
Select a variety of sounds and melodies and mix them. You can also adjust volume and duration. Great for relaxation activities.

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

Unplug to Dream

ZZZzz

Blue Light Filters

Blue-light exposure at night can disrupt circadian cycles which regulate your sleep. Turning on a blue light filter on your phone blocks this type of light from your electronic devices until the next morning.

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

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 or Alarm (Change) > 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)