

# POPULAR SLEEP APPS

## App + Cost

## Features

## More Info

### Calm

Free OR Premium:  
\$70/year

- Relaxing stories to help you fall asleep
- In-the-moment relief for stress and anxiety

- #1 app for sleep, meditation, and relaxation
- 2017 app of the year

### Headspace

Free OR Premium:  
\$10/year w/ student plan

- Calms a racing mind
- 500+ meditations
- Personalized content

- "Move Mode" offers workouts to keep you active throughout the day, making it easier to fall asleep at night

### Sleep Cycle

Free OR Premium:  
\$40/year

- Offers a full breakdown of all sleep stages
- Monitor sleep habits
- Wakes you up based on when your sleep is the lightest

- Uses microphone based tracking to detect when you're at your lightest sleep
  - If people or pets sleep in the room with you, they might falsely trigger the alarm

### Better Sleep

Free OR Premium  
\$60/year

- Includes sound experiences
- SleepTales
- Meditations
- Records sleep

- Reviewers say it is very much a "choose your own adventure" type app