



Phone Apps to Help You Sleep Better

Calming your worried mind can help you fall asleep at night.

White noise to drown out distractions

White noise, or noise consisting of multiple frequencies played at the same volume, can help you fall asleep by masking all kinds of distracting sounds. This means you won't be startled by a creaking door or footsteps pattering in the hallway.

There are numerous white noise phone apps (e.g. White Noise Generator, White Noise Pro, etc.) available for download. But as a word of caution, running an app on your phone the entire night may cause your phone to heat up. To prevent this, you can download a white noise app with a timer so it will turn off after a set period.

If you can't find an app to your liking, you can always turn on a fan near your bed.

As part of practicing good sleep hygiene, it will also help you fall asleep faster if you lie down in bed at the same time each night. This will train your body to prepare itself for sleep as you approach your bedtime each night.

Relaxation and stress-reduction

Anxiety and stress are common impediments to sleep. So, if you find your mind racing with present and future concerns each night, your sleep is most likely suffering.

Thankfully, there are a number of apps that may help relieve your anxiety and stress (e.g. Atmosphere: Relaxing Sounds, Relax Melodies: Sleep Sounds, etc.) with soothing

sounds so you can fall asleep faster. While many relaxation apps are free to download, keep in mind that many require “in-app” purchases to access all the available content.

In addition to helping you fall asleep each night, these apps can be a handy way to maximize a daily nap. That is, after you eat lunch you can plug in your headphones, turn on your relaxation app, and sleep for 15-20 minutes to revitalize your body and mind.

There are also numerous YouTube videos that offer white noise, soothing music, and nature sounds for different amounts of time. Do a search in the YouTube app, and find exactly what your ‘mind’s sleep’ stage will enjoy.

Blue Light Filters

It is recommended that you avoid using your phone within 60 minutes of your bedtime. But if phone use can’t be avoided around your bedtime, downloading a blue light filter app (e.g. Twilight, Eye Filter, etc.) is a good idea.

This is because the blue light from your phone inhibits your body's natural release of melatonin, which can make it more difficult for you to fall asleep. So, a blue light filter won’t necessarily help you fall asleep faster, but it can limit the harmful effects of phone use on your sleep schedule.

Additionally, if you are using your phone in bed make sure to hold it at eye level to reduce the strain on your neck.

Remember that if your sleep problems persist you need to schedule an appointment with our doctors to help diagnose your problem and set you on the path of finding a solution.

And when you are ready to wake-up: Soothing alarms

Your old-fashioned alarm clock likely wakes you up with a piercing, terrible sound. This may rouse you from your slumber, but it is jarring and certainly unpleasant.

To help you ease into your day, a number of apps are available that are specifically designed to wake you up over the course of several minutes (e.g. Sleep Genius, Alarm Clock Xtreme, etc.). Many of these alarm apps for your phone incorporate soothing sounds, which typically increase in volume slowly to wake you up gently each and every morning.

Another option for gently waking yourself up in the morning is classical music. A number of phones allow you to set a classical song as your alarm, and there is typically an option to have your phone alarm slowly increase in volume.

As a bonus tip, as part of practicing good sleep hygiene make sure you set your app to wake you up at the same time every day. This will help your body develop a healthy sleep-wake cycle.

If you are a heavy sleeper and are worried you won't wake up to soothing sounds, you can set a back-up alarm for the first few nights.

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