


# Tech tools for sleep

Bringing your smartphone to bed may sometimes be a good idea.

Sleep apps are available to help you relax and reduce nighttime anxiety so you can prepare your brain and body for a good night's sleep.



Some apps feature bedtime stories read with soothing voices, which can engage your brain just enough without amplifying anxious thoughts and feelings.

Sleep apps offer meditation, breathing exercises, and soothing music or sounds.

Some apps also track sleep data.

Autonomous Sensory Meridian Response (ASMR) videos and podcasts may cause tingly, relaxing sensations down your spine. This response is triggered by certain sounds and images, such as tapping, whispering, crinkling, and scratching.