

Self-Help for Sleep (Click the icons to link to resources)

		CBT-I Coach	Insomnia tracking and tools	Free
		Sleep Diary	Tracks sleep patterns	Free
		Checklist for better sleep		Free
		Sleep Machine	White and ambient noise	\$1.99
		Relax Melodies	Create a mix of calming sounds	Free
		Relax and Sleep	Create a mix of calming sounds	Free
		White Noise Lite	White noise	Free
		Lightning Bug	Ambient noises	Free
		Sleep Time Smart Alarm	Tracks sleep to optimize wakeups	Free
		Smart Alarm Clock	Tracks sleep to optimize wakeups	\$0 - \$2
		Sleep Cycle Alarm Clock	Tracks sleep to optimize wakeups	\$1 - \$2
		Sleep Pillow Lite	Relaxing noises	Free
		Bedtime Meditation*		Free
		Relax*		Free
		Rest*		Free
		Sleep Tips*		Free
		Yoga Nidra*		Free
		Why Do We Sleep?	By Russell Foster	Free

*Posted Courtesy of Community Wellness at MIT Medical

KEY



App available for download from Google Play



App available for download from the Apple Store



YouTube video



Book



Ted Talk video



Website



MP3 file



Article can be downloaded as a PDF



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Please note that while every effort has been made by the Counseling Center to provide a list of helpful resources, we do not guarantee the effectiveness of the resources provided. Your discretion is advised.