

Free Apps for Mindfulness, Relaxation, Sleep and Meditation

Smiling Mind is a mindfulness meditation



website and app for young people. It is designed to help young people manage stress and build resilience by introducing meditation and mindfulness techniques to reduce mental health risks now and in the future.



Apple



Android

MyCalmBeat is a Brain Exercise that helps



improve your ability to manage stress through slow breathing. Slow breathing allows you to increase the variability of your heart rate to decrease stress, improve focus and build resilience.



Apple



Android

Universal Breathing - Pranayama Free - Balance your



life and experience a relaxed meditative state to relieve your daily stresses and tensions. It features a progressive course

based on the principles of yoga, to help you find balance and stress relief. Combining the power of breath with technology, Pranayama is an easy way of improving your health and reducing stress.



Apple



Android

SleepBot is an intuitive smart alarm and



beautiful sleep cycle tracker that lets you record movements and sounds throughout the night.

Customize how you want to sleep and wake up gently each morning during your lightest sleep phase. Listen to soothing ambient soundtracks as you fall asleep.

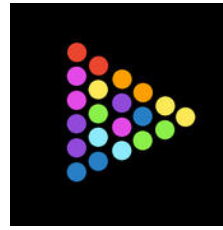


Apple



Android

Music eScape - Music can have a powerful effect on our mood. We use it daily whether we are happy, angry, bored or depressed. It gives us energy when we work out and it helps us wind down.



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Music eScape lets you:

- create a mood map of your music library
- develop dynamic playlists to match your music to your mood
- create or select a music journey to express, enhance or change your mood

Recharge - Move Well, Sleep Well, Be Well is a



personalised six-week program that helps improve your general health and wellbeing by focusing on four key areas:



Apple

1. A regular wake and sleep time each day, achieved gradually over six weeks;
2. An alarm clock that triggers fun activities designed to get you up and out of bed;
3. Increasing your exposure to daylight early in the day, to help reset your body clock; and,
4. Encouraging you to increase physical activity, especially within two hours of waking up.

LifeCharge is an easy way to quickly enter the



events from your day, and see how they affect your outlook over time. Like analytics for your life, use what you learn to



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maximize the positives and eliminate the negatives.