

Mobile Apps for Better Sleep



From the ADHD Experts at

ADDITUDE

Strategies and Support for ADHD & LD

ADDITUDE

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A trusted source of advice and information for families touched by attention-deficit disorder—
and a voice of inspiration to help people with ADHD find success at home, at school, and on the job.

ADDitudeMag.com

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CONTACT INFORMATION

New Hope Media – 646-366-0830
108 West 39th St, Suite 805
New York, NY 10018

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Mobile Apps for Better Sleep

Download these apps designed to calm racing minds

BY THE EDITORS OF *ADDITUDE*

According to one study, 70 percent of adults with ADHD spend more than one hour trying to fall asleep each night. However large, this number doesn't surprise anyone who's spent countless nights tossing and turning.

The connection between sleep problems and ADHD may be biological – the ADHD brain has trouble regulating neurotransmitters like serotonin, which helps regulate sleep cycles. Other research suggests that stimulant medication used to treat ADHD may be a factor in sleep difficulties.

Whatever the cause, the results are the same – a restless night and groggy morning. Even worse, a long-term lack of sleep affects your stress levels, frustration tolerance, ability to regulate emotions, focus, concentration, and appetite. Without proper rest, you're more irritable, impatient, and less efficient at everything you do.

Thankfully, counting sheep is no longer the only option. Conquer your insomnia by downloading one of these top sleep aid apps:

Better understand the ADHD-sleep link at <http://additu.de/c5>

1. White Noise

itunes.apple.com/us/white-noise/id289894882

Ambient sounds help many adults with ADHD relax and fall asleep by blocking out the noisy distractions around them – and in their brains. White Noise lets you select from more than 40 ambient sounds that signal your brain to produce calming alpha waves. The options include the old standbys (Ocean, Streams, and Rain Storms) and some unusual sounds, like Tibetan Singing Bowl and Cat Purring. If you chill out best with man-made sounds, try out Clothes Dryer, Fan, Vacuum, or Washer.

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2. Relax Melodies

itunes.apple.com/us/app/relax-melodies-sleep-zen-sounds/id314498713

Let your obsessive ADHD thoughts drift away as you lay back, listen, and enjoy falling asleep with the Relax Melodies app. Select sounds and melodies that you like, and combine them into your own unique mix. Save your favorite mixes to use over and over again. Not just a sleep aid, this app can be used to help you focus on a big project at work, drown out loud noises, or simply relax.

3. Deep Sleep with Andrew Johnson

itunes.apple.com/us/app/deep-sleep-andrew-johnson/id337349999

Find your way to dreamland with this guided-meditation app. Many adults with ADHD have trouble relaxing and therefore find it difficult to switch off their brains and fall deeply asleep. But after a few Deep Sleep therapy sessions with Andrew Johnson as your personal relaxation coach, you'll learn how to power down for a good night's rest.

4. Pzizz Sleep

itunes.apple.com/us/app/pzizz-solve-sleep-problems/id915664862?mt=8

Some sleep apps seem to play the same soundtrack on an endless loop. Mix up your ambient sound options with Pzizz Sleep. Choose inspirational words and music, or music only, set a duration (anywhere from 10 minutes to 10 hours), and press "Start" – and Pzizz's structured algorithm will create a unique soundtrack designed to lull you to sleep.

5. To Bed

itunes.apple.com/us/app/to-bed/id681433010

It's 3 a.m. and you're hyperfocused on a BuzzFeed quiz. Sound familiar? Sometimes falling asleep isn't the problem, it's the getting to bed part that gives you trouble. That's where To Bed comes in. Based on information about your age and wake up times, To Bed reminds you when you should start preparing to hit the sack.

6. SleepBot

itunes.apple.com/us/app/sleepbot-smart-cycle-alarm/id578829107

No need to manage multiple apps; SleepBot is an all-in-one sleep tracker, smart alarm, and ambient sound machine. Listen to soothing ambient sounds as you fall asleep, then wake up gradually using the multi-alarm alert function — perfect if you're prone to hitting the

PERSONAL BLOG

Ever feel like your child was "The Thing That Wouldn't Sleep?" You're not alone:

<http://additu.de/b>

**Mobile
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snooze button. With its movement and sound tracking functionality, you can find out what's waking you up in the middle of the night. The app is also filled with tips and advice for getting your best night's sleep.

7. Sleep Cycle

itunes.apple.com/us/app/sleep-cycle-alarm-clock/id320606217

Waking up is a challenge for many of us with ADHD, but not with Sleep Cycle. The app monitors your movements and wakes you up at the perfect time. As you sleep, you go through light, deep, and REM phases. To feel refreshed and rested, it's best to wake during a light phase. Set the alarm and place your phone under the fitted sheet in the corner near your head. The app analyzes your sleep patterns and total sleep time, waking you up at the optimal moment.

"Your brain wants its quiet time. Keep it up near the red line all day, all night, and you'll pay with those familiar fogs and static all day. Get your sleep."

— Bill Mehlman, an adult with ADHD

The key to choosing the right app is to evaluate your specific sleep needs. Some people can only fall asleep in absolute silence. Others need white noise, such as a fan or a radio, to mask disturbances. Some people need a snack before bed, while others can't eat anything right before bedtime. If you're unsure of what works best for you, try using the SleepBot app (#6 on our list!) to collect data on your sleeping habits.

One reader shared that using a sleep-tracking app allows him to monitor improvement and see which changes make a difference: "I can track the effect of changing variables on my sleep, such as when I watch the news at night or read a book. I also learned that getting exercise first thing in the morning helped me feel sleepier in the evening, so, instead of ignoring the alarm that tells me, 'Time to get ready for bed,' I go to bed." In the past, without such data, he would not have been able to connect cause and effect and adjust his habits accordingly.

While individual solutions may vary, there are some universal rules to practicing good sleep hygiene. Dr. William Dodson, a Life Fellow of the American Psychiatric Association and a former faculty member at Georgetown University, shares his main three pieces of advice for patients:

1. Use the bed only for sleep or sex
2. Stick to a set bedtime and bedtime routine
3. Avoid naps during the day

Take these golden rules to heart, and then work with your smartphone on the rest!

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ADDitude Special Reports

Available Now

www.adhdreports.com

The ADHD Guide to Mobile Apps & Digital Tools

100+ recommended tools to improve productivity, organization, memory, sleep, creativity, and school skills.

You hold unlimited tools and information in the palm of your hand — literally! And now, the mobile apps on your smartphone and the digital tools on your computer can help you manage your most challenging ADHD symptoms like sleeplessness, distractibility, and disorganization. We've combed through thousands of apps to bring you more than 100 tools that will help you tackle ADHD symptoms head-on.

>> Learn more about this special report: <http://additu.de/apps2016>

Mindfulness and Other Natural Treatments

The best non-medical treatments for ADHD, including exercise, green time, and mindful meditation.

Learn how mindfulness works on ADHD brains, and how to begin practicing it today. Plus, research the benefits of other alternative treatments like yoga and deep breathing exercises — including some designed especially for kids — as well as the science behind each natural therapy.

>> Learn more about this special report: <http://additu.de/mindfulness>

Getting Things Done with Adult ADHD

Stop wasting time, improve productivity, and stay focused with these get-it-done strategies.

You are not any less smart — your brain just works differently. And so you need productivity strategies that make sense to you — not the rest of the world. This eBook provides that: ADHD-tested time-management plans that don't try to shove square pegs into round holes.

>> Learn more about this special report: <http://additu.de/productive>

To purchase these or other ADDitude Special Reports, go to
www.adhdreports.com

FREE ADDitude Downloadable Booklets

It's Not ADHD: 3 Common Diagnosis Mistakes

Doctors are sometimes too quick to diagnose ADHD. Read up on common misdiagnoses.

The Daily Routine That Works for Adults with ADHD

Build a system that keeps your day humming along.

Is It Depression?

Depression is a serious mood disorder, but it's not always easy to recognize.

Never Be Late Again

Time management tips for adults with ADHD.

ADHD Vitamins and Supplements

Find out which herbs, vitamins, and nutritional supplements may help control symptoms of ADHD.

Who Can Treat ADHD?

Doctor? Psychiatrist? Coach? Learn who can treat your attention deficit.

Find these and many more free ADHD resources online at:
<http://additu.de/freedownloads>

FREE ADHD Webinar Replays from **ADDitude**:

Mindfulness for Adults Living with ADHD

>> <http://additu.de/mind>

Mindfulness is easy in theory, but not always in practice, especially for adults living with ADHD. In this expert webinar, learn basic mindful meditation techniques that will improve your mental clarity, as well as help to improve your sleep, your eating habits, and your self-awareness.

Why People with ADHD Can't Sleep

>> <http://additu.de/vm>

Not only is skimping on sleep bad for your overall health and well-being, it can also exacerbate ADHD symptoms. Rest assured — there are numerous ways to improve your sleep hygiene! In this audio and slide presentation, hosted by Roberto Olivardia, Ph.D., learn the science behind ADHD sleep problems and get tips for revamping your circadian rhythm.

You Can Do It!

>> <http://additu.de/108>

Attention deficit doesn't only affect you during your workday. Michele Novotni, Ph.D., presents everyday solutions for fighting procrastination, identifying strengths, getting motivated in the morning, and, yes, getting to sleep at night.

Managing ADHD Sensitivities and Emotions

>> <http://additu.de/sensitive>

Does the smallest thing not going your way set off the waterworks? It might be your ADHD. Zoë Kessler explains why ADHD adults often experience emotional sensitivities and shares some strategies to help you cope.

Healing the ADHD Brain: Interventions and Strategies That Work

>> <http://additu.de/healing>

There's no one-size-fits-all approach for treating ADHD. Here, Daniel G. Amen, M.D., explains treatment options ranging from medication and supplements to diet and exercise.

FREE ADHD Newsletters from **ADDitude**

Sign up to receive critical news and information about ADHD diagnosis and treatment, plus strategies for school, parenting, and living better with ADHD: <http://additu.de/email>

Adult ADHD and LD (weekly)

Expert advice on managing your household, time, money, career, and relationships

Parenting ADHD and LD Children (weekly)

Strategies and support for parents on behavior and discipline, time management, disorganization, and making friends.

ADHD and LD at School (bimonthly; weekly from August through October)

How to get classroom accommodations, finish homework, work with teachers, find the right schools, and much more.

Treating ADHD (weekly)

Treatment options for attention deficit including medications, food, supplements, brain training, mindfulness and other alternative therapies.