

# APPS TO HELP YOU FALL ASLEEP

As many as half of all patients with cancer have problems sleeping. The most common sleep problems (or disorders) people with cancer experience are insomnia and an abnormal sleep-wake cycle.

Sleeping well is important for your physical and mental health. A good night's sleep helps you to think clearly, lowers your blood pressure, helps your appetite and strengthens your immune system.

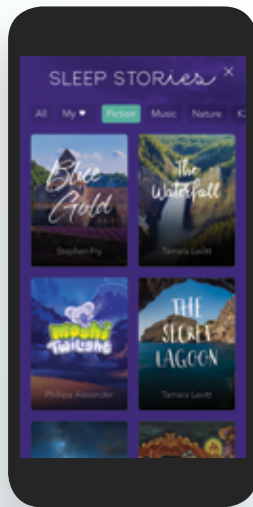
Talk to your health care team about problems with sleep. These apps may also help.

## CALM

### COST

Limited free

Upgrades: \$12.99 per month or \$4.99 per month with annual purchase



Calm is a mindfulness meditation app. Its Sleep Stories are bedtime stories designed for adults. The tales mix music, sound effects and soothing voices to help people drift off to sleep naturally.

A version for children is also available.

25% discount for City of Hope patients, caregivers and employees on the first year of an annual subscription. Go to [www.calm.com/groupdiscount](http://www.calm.com/groupdiscount).

## PILLOW

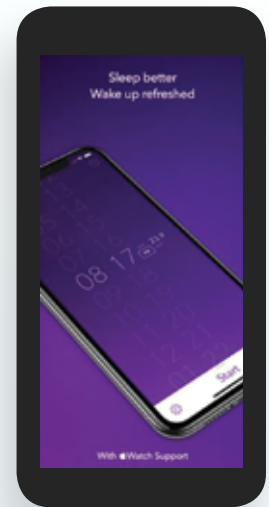
### COST

Free

Premium version: \$4.99



Integrated with Apple's Health app



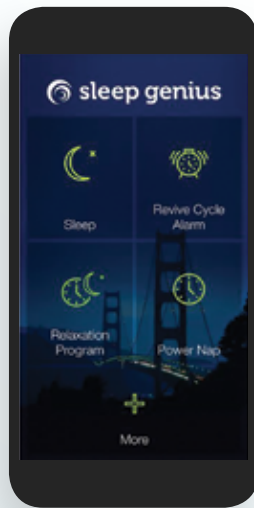
Pillow turns your iPhone, iPad or Apple Watch into a sleep tracking alarm clock.

Based on the most recent discoveries in sleep research, the app senses/tracks motion and sound patterns to give you information about your sleep quality.

Department of Supportive Care Medicine | Patient, Family and Community Education

## SLEEP GENIUS

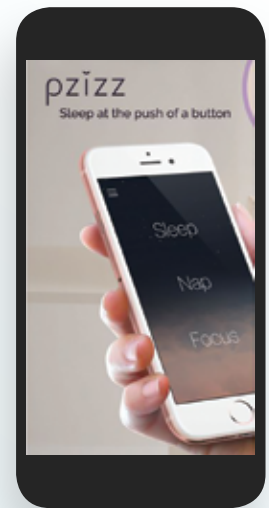
**COST**  
\$4.99



Sleep Genius is an app developed by experts in neuroscience, sleep, sound and music. It is based on research from NASA that helps astronauts regulate their sleep.

## PZIZZ

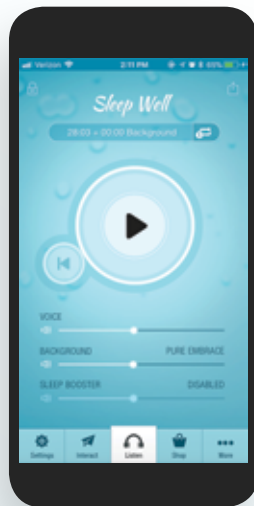
**COST**  
Free  
Premium  
Version: \$4.99



Pzizz combines brain science research, enchanting music, sound effects and beats to help you relax. The app generates over a hundred billion slightly different sound effects to quiet your mind and ease you into a restful deep sleep.

## SLEEP WELL HYPNOSIS

**COST**  
Free  
Premium  
Version: \$3.99

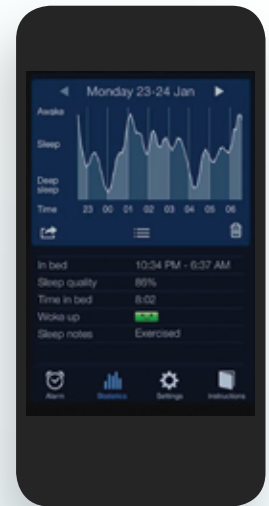


This sleep hypnosis audio session from a certified hypnotherapist is designed to help your mind and body relax so you can fall into a deep, restorative sleep. Nature sounds and calming meditation music accompany the voice audio.

## SLEEP CYCLE

For adults and children (7+ years)

**COST**  
Free



Sleep Cycle tracks your sleep patterns throughout the night. You set your desired wake-up time and when the app senses you are in your lightest sleep cycle close to that time, it gently helps you wakes you up. Waking up from light sleep is easier than waking up from deep sleep.

20000-NEW-16800

For information purposes only. City of Hope has no affiliations with the developers of these apps and has no preference for one versus the others.