

Recommended Sleep Tools

NJRAW Sleep Diary PDF

Our sleep diary helps you track sleep daily for free. The difference between a sleep diary and a sleep log is the amount of detail included. Our sleep diary includes when we began to attempt to fall asleep, wake-up time, what time we last looked at our phone, if there were any interruptions, if we took any naps, etc. It comes with this PDF so feel free to explore the rest.

Sleep Cycle App (IOS or Android)

The Sleep Cycle app is our number one recommendation for a paid model. The way it works is it uses the microphone to track the stages of sleep you are in if there are any disturbances, your snoring, and many other factors. Over time, it uses the sounds from your sleep to show you how the weather, events, or external habits could be affecting it. It also has a huge library of sleep aids that are built-in and don't interfere with the tracking. One of the best features is the ability to compare your sleep patterns over time in their easy-to-use interface. The best feature which we saved for last is the slow wake alarm clock, you can set it so over a period ranging from an hour to five minutes it will slowly wake you up instead of scaring you out of your sleep. This is important as it allows you to wake up gently and not have a cortisol response (stress response) right when you wake up causing your morning to be frantic.

- Limited Free Version Available
- Yearly Subscription = \$30

SleepScore App (IOS or Android)

SleepScore is a more gamified interface and UI than Sleep Cycle but offers many of the same features. The major difference is that inside SleepScore you set goals and it gives actionable advice towards accomplishing them. Also like Sleep Cycle, it uses the smart Alarm Feature to wake you up gently.

- Limited Free Version Available
- Monthly Subscription = \$6
- Yearly Subscription = \$50

Recommended Sleep Tools (cont.)

Apple Health Sleep Monitoring

In the United States, the majority of Smartphone users have an IOS device. This means they have the Apple Health App built into their phones. For a free function, this arguably is the best mobile option as it does many features the paid versions do. You can set Sleep Goals, Bedtime/Wake times, Sleep Mode, Wind down shortcuts, and even track your sleep if you have the Apple Watch. The wake-up alarm on Apple Health also does the slow increase, but it is not as fully functioned as either of the paid versions in Sleep Cycle or SleepScore. Hopefully, in time it will be as Apple is notorious for leading the way with their health drive features.

Samsung Health Sleep Monitoring

The second-largest operating system on SmartPhones in the United States is Android, but compared to Apple Health Sleep Monitoring is pretty far behind. One of the major drawbacks to Samsung's built-in sleep monitor is that says you woke up once you pick up your phone in the morning. Hopefully, for many of us, we resist the urge to check our phones right when we woke up, which can only lead to stress and a rush of endorphins. The way the sleep tracking works is that it will monitor your sleep beginning thirty minutes after you put it down, the problem being that it doesn't register if you pick up your phone in the middle of the night and check it for less than five minutes.