

Covid worries giving you insomnia? Here's 3 apps for better quality sleep

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A good night's sleep always comes with a long list of health benefits. It helps your body fight back, keeps your heart healthy, reduces stress and depression, improves cognitive function and many more.

Amid COVID-19 pandemic, it has become more important to have a sound sleep. But many people are struggling to get 7-9 hours of sleep. According to a recent survey conducted by Begum Rokeya University and Western Sydney University, 72.6% people in Bangladesh are suffering from insomnia during this time of lockdown.

Thankfully, technology is here to help. These 3 sleep apps out there will send you happily off to your dreamland.

SLEEP CYCLE

Sleep Cycle uses the accelerometer of your smartphone to monitor your movement. You need to place the smartphone near your bed so that it can register whether you're



in light sleep, deep sleep or a dream state known as random eye movement (REM) sleep. Analyzing these details, it shows daily sleep graphs and pinpoints the optimal time to wake you up. The Trends dashboard also measures sleep quality and snoring. This app has an intelligent alarm clock that wakes you up gently. Under settings, you can choose an alarm sound. You can customize it with a favourite song of yours. Set snooze options and select a 30-minute period when you wish to wake up.

RELAX MELODIES

If you are facing trouble relaxing into a sound sleep, then try this app. Relax melodies has a large library with over 160 sleep sounds, meditation, calm music, white noise, and many more. The sleep-aid provides a huge collection of guided meditations, body-mind exercises, and breathing techniques just one tap away.

If you want to hear some bedtime stories that can lull you to sleep, this app has a variety of

genres such as non-fiction, mystery, sci-fi, fantasy, fairytale. Try this app to be in a deep slumber.

CALM

It is quite different from other sleep apps that use a structured manner to present their meditations. With Calm, you can go about it how you want. There are 30+ free basic white noise sounds for relaxation. It offers some simple relaxing stories that will lull you to sleep like Relax Melodies. In the meditation menu, there are over 100+ meditations with options for both beginners and advanced users that you may need.

You can track your daily progress with features such as 'Daily streaks' and 'Time spent meditating'. Calm has some free features, but for some additional features and masterclasses, a subscription fee is needed.

All these apps are available for both Android and iOS.