Resource Bank for SLEEP HYGIENE

Please access each resource by clicking links!

Apps
- WellTrackBoost
- Breathe2Relax
- SleepCycle - Sleep Diary
- SleepScore
- Calm
- Headspace
- Relax Melodies
- White Noise Lite app

Podcasts
- The Best Podcasts for Sleep
- Sleep Meditation Podcast
- 12 Hour Sound Machines for Sleep

Websites & Videos
- Sleep Hygiene Tips
- Meditation for Sleep
- Sleep Foundation
- White Noise playlist on Spotify
- Sleep Is Your Superpower Matt Walker
- How Sleep Affects Your Emotions
- 6 Tips for Better Sleep
Interested in learning more?

**Counseling Center Services**

The AppState Counseling Center offers a variety of services including short-term individual counseling, group therapy, workshops, self-help resources, referral coordination, and more! To get started, schedule an initial consultation at 828-262-3180.

1st Floor, Miles Annas Building | counseling.appstate.edu | (828)262-3180 | counseling@appstate.edu | @appstatecounselingcenter