

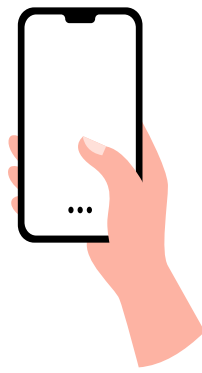
Resource Bank for

# 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](#)



## Helpful Handouts

- [Sleep Hygiene Tool](#)
- [Sleep Diary](#)
- [Sleep Hygiene](#)
- [Sleep Hygiene checklist](#)

## Campus Resources

- [Student Health Services](#)
- [Let's Talk](#) - Counseling and Psychological Services

## Social Media

Instagram

- [Middle of the Night Meditation](#)
- [@bettersleeporg](#)
- [Recipe for Incredible Sleep](#)



## List Your Own

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.

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(828)262-3180 | [counseling@appstate.edu](mailto:counseling@appstate.edu) |  
[@appstatecounselingcenter](https://www.instagram.com/appstatecounselingcenter)