

Breathing resources

Box breathing:

<https://www.youtube.com/watch?v=tEmt1Znux58>

5 Finger breathing

<https://www.youtube.com/watch?v=FKdApTxsDP0>

Slow breathing

<https://www.youtube.com/watch?v=0mbr1FUMdgI>

Sleep apps on Healthify:

<https://healthify.nz/apps/s/sleep-apps/>

Sleep apps and podcasts

Pzizz



Helping users get to sleep faster and stay asleep longer, this celebrity-favoured (J.K. Rowling and the late Steve Jobs included) app uses neuroscience to bolster its efforts. It combines psychoacoustic principles to craft dreamscapes of binaural (providing a different frequency in each ear) beats and neurolinguistic programming techniques, lulling you more easily and deeply into a heavenly dream state.

Available on iOS and Android.

Calm



Calm channels the soothing properties of meditation and mindfulness, with the addition of “sleep stories” designed to mimic childhood bedtime fables to help get you off to dreamland. Grimm’s fairytales and lullabies from Stephen Fry even feature in the upgrade option.

Free trial, available on iOS and Android.

Rain Rain Sleep Sounds



This app recognises the placid power white noise has on your capacity for relaxation. Mimic the feeling of being tucked up in your own bed while a storm rages outside with looped soundscapes that imitate a wet forest, a crackling fire, a trickling stream and summer rain.

Free trial, available on iOS and Android.

Noisli



If the sound of rain doesn't soothe you, Noisli offers a range of other white noise options that might do the trick. There's "train" and "coffee shop" for that pleasingly nondescript din or "fan" for a mesmerising hum. There are also the options of "brown" and "pink" noise – the former relating to slightly deeper sounds than the standard "white" and the latter is generally used to test loudspeakers and equalise sound equipment but has a positive effect on creativity and productivity.

Free trial, available on iOS and Android.

Sleep With Me: Fall Asleep App



Breathe, relax and sleep with step-by-step breathing practices chosen for your life and situation. App includes 50+ Sleep Sounds.

Free trial, available on iOS and Android.

Sleep With Me: The Podcast that puts you to sleep



Sleep With Me
The Podcast That Puts You To Sleep

With the intent of boring its listeners to sleep, the monotonous meandering of host Drew Ackerman's droning rambles has a similar effect to the long-winded explanations of your least favourite teacher. The tales told are essentially pointless and the digressions are of little consequence, making tuning in effortlessly dreary – and perfect for putting you to sleep.

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