

## Sleep and stress management

Here you will find apps and digital resources that you can use to support better sleep and to help manage stress.

### **SLEEP STATION APP**

[www.nhs.uk/apps-library/sleepstation](http://www.nhs.uk/apps-library/sleepstation)

An app to support with sleep which you can get free with a GP referral

### **SLEEPIO APP**

[www.nhs.uk/apps-library/sleepio](http://www.nhs.uk/apps-library/sleepio)

Another sleep app, which is free in certain areas

### **MENTAL HEALTH APPS**

[www.nhs.uk/apps-library/category/mental-health](http://www.nhs.uk/apps-library/category/mental-health)

A range of apps for stress and mental health

### **AUDIO GUIDES**

[www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides](http://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides)

Audio guides to help with stress and anxiety