



# Biofeedback Apps

## For Relaxation, Sleep and Anxiety

### Relaxation



**OMG- I Can Meditate** – Learn simple mindfulness and meditation techniques to help you bring more happiness, calm and peace of mind into your life. Free for iPhone, iPod Touch, iPad and Android.



**Breathe2Relax** – Provides detailed information on the effects of stress on the body, and instructions and practice exercises to help learn the stress management skill called diaphragmatic breathing. Free for iPhone, iPod Touch, iPad, and Android.



**PIP Stress Tracker** – A personal stress management tracker. Set the timer and see, in real time, how your stress levels constantly change. Free for iPhone, iPod Touch, iPad, and Android.



**Universal Pranayama Breathing** – Allows you to focus on your breathing technique and mindful breathing. Has different music styles to condition your body to wake up in the morning or relax before you go to sleep. Free for iPhone, iPod Touch, iPad, and Android.

### Sleep



**Relax Melodies** – Select sounds and melodies that you like, and combine and adjust the volume of each sound to create a mix. Add one of our meditations specially designed for sleep, lay back, listen, and enjoy falling asleep. Use timers and alarms if needed. Free for iPhone, iPod Touch, iPad, and Android.



**Sleep Pillow Sounds** – Provides ambient sounds, premixed for helping you sleep. The sounds are recorded and enhanced to create a relaxed environment and put you to sleep. Free for iPhone, iPod Touch, iPad, and Android.



**Sleep Cycle Alarm Clock** – Analyzes your sleep and wakes you in the lightest sleep phase so you wake up feeling rested and relaxed. Export sleep data to Excel for detailed analysis. Free for iPhone, iPod Touch, iPad, and Android.

### Anxiety



**What's Up** – Uses CBT (Cognitive Behavioral Therapy) and ACT (Acceptance Commitment Therapy) methods to help with anxiety, depression, anger and stress. Has modern design with simple headings and easy-to-follow methods to get what helps you the most in seconds. Free for iPhone, iPod Touch, iPad, and Android.

Disclaimer: The inclusion of any app, or resource accessed through an app, does not imply endorsement by Seattle Children's. Please seek the advice of your child's healthcare provider before you act or rely upon any information from these resources.

#### To Learn More

- Adolescent Medicine  
206-987-2028
- Your child's healthcare provider
- [www.seattlechildrens.org](http://www.seattlechildrens.org)

#### Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

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Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

Information in these apps may not reflect the philosophy or practice of Seattle Children's Hospital. The inclusion of any app does not imply endorsement by Seattle Children's Hospital.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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