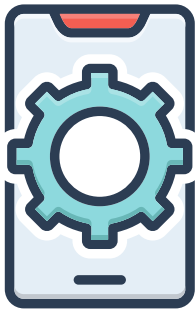


# HOW TO USE YOUR SMARTPHONE TO GET BETTER SLEEP

## 5 SIMPLE APPS AND FEATURES



### 1) WHITE NOISE

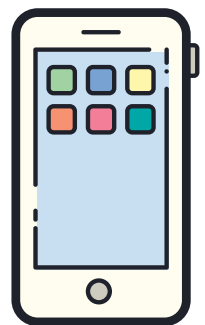
In your settings there is Background Sounds option. You can choose from sounds like ocean, rain, stream, etc.

If your phone doesn't have a white noise option, there are plenty of third party apps.

### 2) MEDITATION APPS

These apps will help you focus your thoughts, relax and wind down so you can fall asleep faster and easier.

Many have built in ambient sounds to help you drift off to sleep.



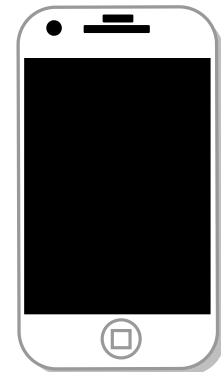
### 3) SLEEP TRACKERS

Easily track your sleep data to get insights on your sleep habits, set a sleep schedule and even provide information for your doctor

### 4) DARK MODE

If you do use your phone at night, avoid the bright glare of the white screen.

Dim the screen and make the background easier on your eyes.



### 5) DO NOT DISTURB

Silence those calls, notifications and alarms that can ruin a nap or wake you up from your nighttime slumber.