

Free Sound and Sleep Apps

With countless apps and little direction, it can be hard to figure out which sound and sleep apps might help with tinnitus and/or getting a good night's sleep. Below, you'll find the top picks of apps compiled by an audiologist with tinnitus. The list of free sound and sleep apps reflects her personal favorites, as well as apps suggested by her patients. If you have a favorite app not listed, please let us know about it by emailing: editor@ata.org

Noise Monitoring



NIOSH Sound Level Meter

Sound Therapy



myNoise



Oticon Tinnitus Sound



Relax Melodies



Resound Relief



Simply Noise



Starkey Relax



Whist — Tinnitus Relief



White Noise Lite

Sleep & Relaxation



Relax and Sleep



Sleep Bug



Sleep Machine Lite



Tao Mix