

# Meditation Apps for Improving Relaxation and Sleep

Research into the benefits of meditation and mindfulness to relieve the stress and negative emotions associated with bothersome tinnitus shows encouraging results.\* Less is known about the benefits of using smartphone apps for meditation, but, here too, preliminary research suggests that apps are an effective tool for practicing meditation to increase a sense of well-being, if

used regularly. Which is to say, “the best” app is the one you like – and they differ in what they offer – and can integrate easily into your life.

## Things to consider:

**Free trial:** Most paid apps offer a trial period to explore basic features of the app.

**Design and sound:** Consider the visual appeal and whether you enjoy the voices of the speakers.

**Extra features:** Some meditation apps are geared toward reducing anxiety and improving sleep, while others come with additional tools that can be helpful for managing tinnitus, such as sleep and music.

*Prices current as of 2/17/2019. Note that subscription prices vary depending on level of access and subscription term. For simplicity, we list the monthly subscription price, where applicable. For more information, visit the Apple iStore, Google Playstore, or app website.*



**Buddhify**  
(\$4.99 per month)



**Calm**  
(from \$9.99)



**Headspace**  
(\$12.99 per month)



**Insight Timer**  
(\$9.99 per month)



**Oak**  
(free)



**10% Happier**  
(\$9.99 per month)

To hear more about one researcher’s investigation into the benefits of meditation and its effect on the brain, see: [https://www.youtube.com/watch?time\\_continue=510&v=m8rRzTtP7Tc](https://www.youtube.com/watch?time_continue=510&v=m8rRzTtP7Tc)