

# Apps for Calming the Mind

Few people would argue that an app can take the place of a well-trained therapist who understands a patient's challenges and goals. However, apps are wonderful tools to augment therapy, foster habits that promote greater awareness of mood and breathing, and reduce the negative impact of tinnitus on sleep, concentration, and anxiety. The list below represents a limited selection of apps used for mental health support and tinnitus relief. Some are free, and others have fees that vary depending upon the subscription. Normally, a trial period allows you to test an app to see whether it meets your needs and expectations.



**MoodKit | ThrivePort, LLC | \$4.99; iOS**

MoodKit draws on cognitive behavioral therapy (CBT) and provides users with more than 200 mood improvement activities. Two clinical psychologists developed it to help you learn how to change how you think, develop self-awareness, and cultivate healthy attitudes. Its journal feature enables you to practice self-care by reflecting on the day, noting any troubling thoughts and how you overcame them.



**Self-Help for Anxiety Management (SAM) | University of the West of England | Free; iOS and Android**

Self-Help for Anxiety Management (SAM) may appeal to those who are interested in self-help but who don't like meditation. Users build their own 24-hour anxiety toolkit, which enables tracking anxious thoughts and behavior over time. The app teaches 25 different self-help techniques. You can also use SAM's Social Cloud feature to connect confidentially with other users in an online community for peer support.



**CBT Thought Record Diary | Eddie Liu | Free; iOS and Android**

CBT Thought Record Diary is used to document negative emotions, analyze flaws in thinking, and reevaluate thoughts more neutrally, reflecting the process of using cognitive behavioral therapy to change emotions and distorted thinking patterns. It can be used for gradually changing your approach to tinnitus and anxiety and altering thinking patterns about future situations.



**iMoodJournal | Inexika Inc. | \$2.99; iOS and Android**

iMoodJournal can be used to record everything from mood and symptoms to sleep and medications, making it part personal journal and part mood tracker. By tracking various factors, users can analyze daily feelings through summary charts that indicate where stress levels rise and fall.



**Breathe2Relax | National Center for Telehealth & Technology | Free; iOS and Android**

The National Center for Telehealth and Technology created Breathe2Relax to help users learn to breathe and remind themselves to relax. The stress management tool teaches users a skill called diaphragmatic breathing, which can help decrease the body's fight-or-flight stress response.



**Headspace | Headspace Inc. | \$12.99/Month or \$9.99/Year for students; iOS and Android**

The Headspace app aims to help users develop mindfulness and meditation skills by using the app a few minutes per day. It has hundreds of meditations on everything from stress and anxiety to sleep and concentration. It also has a daily reminder to encourage practice, which can be helpful when getting started.



**Calm | Calm Radio | \$12.99/Month; iOS and Android**

Apple named Calm the 2017 iPhone App of the Year. Calm is well regarded by tinnitus-trained audiologists and therapists for use by their patients struggling with stress, anxiety, and difficulties sleeping. It offers guided meditations, sleep stories, breathing programs, and relaxing music, making it useful for a variety of situations and concerns.

*The ATA does not endorse products or treatments. The list is intended only for informational purposes. If you are seeing a therapist and/or audiologist for tinnitus treatment, discuss which apps they recommend and why.*

# 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](mailto: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

# 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)