

DISCLAIMER: "The Federal government, including the Department of Defense, does not endorse any company, sponsor, or private organization, nor their products or services."

Sleep/Meditation Apps

Calm

App for iPhone and Android

Cost: Free with In-App Purchases

Calm is the perfect mindfulness app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule.

Breath2Relax

App for iPhone and Android

Cost: Free

The mobile app Breathe2Relax has been particularly popular, showing a 30% increase in use from the week before. You can track progress over time with this tool, which is designed to lower stress and reduce anxiety through instruction and practice on diaphragmatic breathing. Breathe2Relax also supports good sleep habits, which are critical during periods of increased personal demands, erratic schedules and uncertainty.

White Noise Lite

App for iPhone and Android

Cost: Free

If you want to fall into a deep, blissful sleep while listening to the sounds of ocean waves and soothing sounds, White Noise Lite may be the best sleep app for you. The app comes loaded with several looped sounds, such as a burning campfire, swaying boat, and thunder. You can also set a gentle alarm (guitar strum, chime, violin, and more) to wake you up.

Relax & Sleep Well – Hypnosis and Meditation

App for iPhone and Android

Cost: Free with In-App Purchases

Although it may not work for everyone, hypnosis has been used to treat a variety of issues, such as pain, alcoholism, and smoking. Some people also use self-hypnosis to treat insomnia or other sleeping problems. If the idea of hypnosis sounds strange, don't worry. Hypnosis won't put you in a trance. Instead, hypnosis is used to help you get into a deep state of relaxation. Relax & Sleep Well is a sleep app that can guide you through the process. The app combines voice-led hypnosis and relaxing sounds to lull you to sleep.

Relax Melodies: Sleep Sounds

App for iPhone and Android

Cost: Free with In-App Purchases

Can't sleep? Discover Relax Melodies, the soothing app that makes sleep easy.

Relax Melodies makes you fall asleep in minutes by helping you combine Soothing Sounds, Bedtime Stories, Sleep Meditations, and SleepMoves. Relax Melodies is recommended by leading doctors and neuropsychologists to give you a better night's sleep.

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Yoga

Yoga Challenge Body and harness energy focusing on posture (20 minutes)

<https://greatist.com/move/best-free-workout-videos-youtube#yoga>

Yoga with a focus on the your core

<https://greatist.com/move/best-free-workout-videos-youtube#yoga>

Providese a lists of Free online Yoga classes

<https://www.youtube.com/playlist?list=PLZkDZKOcvYTh4dRDXQ71m7gQUmWkDmLAI>

Carve out time for at-home yoga.

<https://www.corepoweryogaondemand.com/keep-up-your-practice>

15 Best Free online Yoga

<https://www.yourtango.com/2018317900/15-best-free-yoga-videos-youtube-has-offer>

Meditation

<https://www.youtube.com/watch?v=0yOjC8DbR0I>

<https://www.youtube.com/watch?v=Dw5xcoRsmDk>

https://www.youtube.com/watch?v=bFnULx_hH9g

Guided Sleep Relaxation:

<https://youtu.be/8TDcGYmEgyM>

<https://awakeandmindful.com/best-free-guided-meditations-for-sleep-and-insomnia/>

<https://awakeandmindful.com/best-free-guided-meditations-for-sleep-and-insomnia/>

Mindful Meditation

[https://www.copperbeechinstitute.org/guided-](https://www.copperbeechinstitute.org/guided-meditations?gclid=Cj0KCQjwybD0BRDyARIsACyS8mtpY1s7e0DKZrx0ha9R6ob-i9avQAMiw347D7qnaEvv18MqZhwLr6saAmkwEALw_wcB)

[meditations?gclid=Cj0KCQjwybD0BRDyARIsACyS8mtpY1s7e0DKZrx0ha9R6ob-](https://www.copperbeechinstitute.org/guided-meditations?gclid=Cj0KCQjwybD0BRDyARIsACyS8mtpY1s7e0DKZrx0ha9R6ob-i9avQAMiw347D7qnaEvv18MqZhwLr6saAmkwEALw_wcB)

[i9avQAMiw347D7qnaEvv18MqZhwLr6saAmkwEALw_wcB](https://www.copperbeechinstitute.org/guided-meditations?gclid=Cj0KCQjwybD0BRDyARIsACyS8mtpY1s7e0DKZrx0ha9R6ob-i9avQAMiw347D7qnaEvv18MqZhwLr6saAmkwEALw_wcB)

Mental Challenge

<https://www.oregonlive.com/coronavirus/2020/03/how-to-manage-stress-and-anxiety-during-coronavirus-crisis.html>

Christine Breese – Spirituality, Love & Meditation Videos

<https://www.youtube.com/channel/UC26IPLysoGAIOr63jpETXHg>