

## Resources - Sleep

- **Apps**
  - Calm <https://www.calm.com/>
  - CBTi coach <https://www.youtube.com/watch?v=rMgrWn5x6JE>
  - Finch: Self Care Widget Pet <https://www.befinch.com/>
  - Headspace <https://www.headspace.com/>
  - Insight Timer <https://insighttimer.com/en-ca>
  - Mindshift CBT <https://www.anxietycanada.com/resources/mindshift-cbt/>
  - Pzizz <https://pzizz.com/>
- **Resources/Tools**
  - Anxiety BC: Getting Enough Sleep [Tips for getting a good night's sleep.pdf \(nicotinedependenceclinic.com\)](#)
  - Public Health Agency of Canada infographic: Are Canadian Adults Getting Enough Sleep? [64-03-18-2136-Sleep-Adults-Infographic-EN-Final-03.05.2019 \(canada.ca\)](#)
  - Sleep diary/log
    - <https://www.sleepfoundation.org/sleep-diary>
    - [NSF Sleep Diary - National Sleep Foundation \(thensf.org\)](#)
- **Websites**
  - National Sleep Foundation <https://www.thensf.org/>
  - Sleep Foundation <https://www.sleepfoundation.org/>