

6 best sleep monitoring and application apps on iOS

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This article will introduce to you 6 applications to help track and improve the best sleep on iOS. It will help you know exactly when to fall into a deep sleep, wake you up at the best time in the morning and even detect when you snore. Many of the following applications can also connect to Apple Watch to provide the best experience.

1. Sleep Cycle (Free)



Sleep Cycle is one of the best known names when it comes to sleep monitoring applications. Sleep monitoring application of users through sound analysis, determining the stages of sleep.

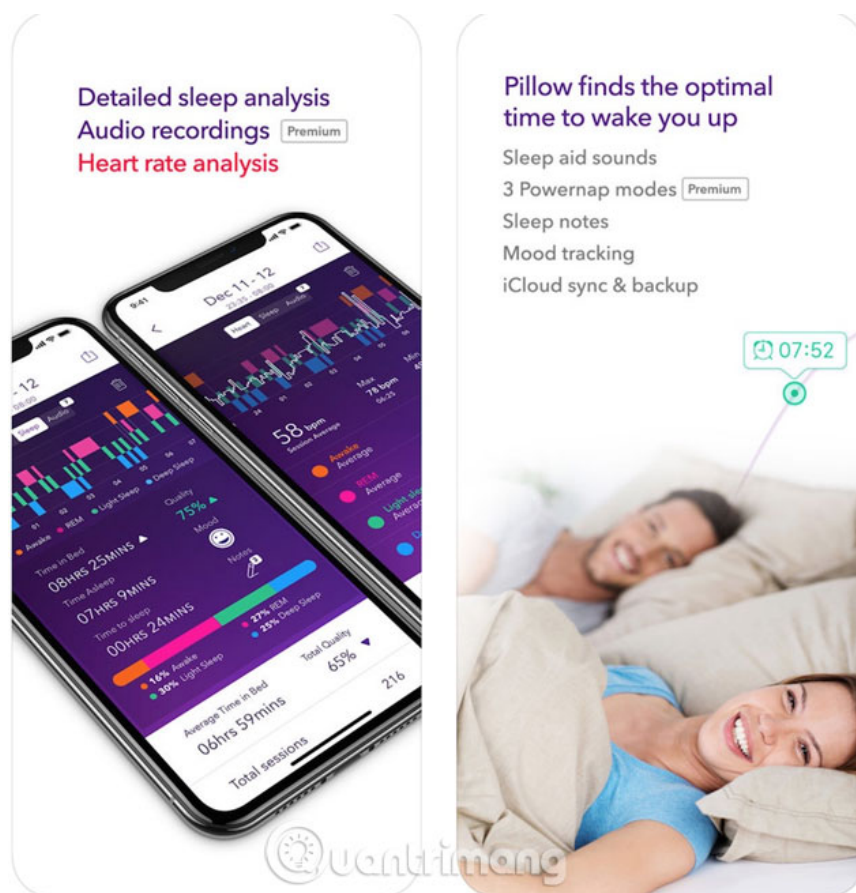
Science has proven, the sleep stage is very important, can determine health status through it. Sleep Cycle wakes you up when it's near the specified alarm time while at the deepest sleep stage. When you wake up, you will see a lot of sleep and snoring statistics if available.

1. Sleep Aid - Application for snoring sleepers

Most of the main functions of this application are free, but you can pay 30 USD per year to own more features such as tracking with longer time, online backups, heart rate monitoring , etc.

Download : Sleep Cycle

2. Pillow (Free)



Pillow sleep monitoring differs from Sleep Cycle, it features Apple Watch support, providing a way to monitor heart rate through the wrist. While sleeping, Pillow will analyze and figure out how you sleep. In addition, the application integrates with Apple Health, storing all your health data. Its sleep analysis algorithm calculates the best time to wake up, and whether you need a nap. In addition data provided in the form of notes and user mood monitoring, providing more detailed information for those who care more about their sleeping habits.

Like Sleep Cycle, you can upgrade with a \$ 5 one-time fee to own the recording feature while sleeping, providing suggestions for improving sleep.

Download : Pillow

3. Sleep Better (Free)



Sleep Better is similar to other sleep monitoring applications, it provides information about sleep status, spent sleep cycles, nape detection, etc. It also has an intelligent alarm function, Awaken users with the best time. So what does Sleep Better differ from other applications?

1. Should smartphones be used as alarm clocks?

Enter your daily routines and activities, such as the amount of caffeine consumed or the level of stress and Sleep Better to help you find solutions to improve sleep because of the use of alcohol and caffeine. Good to sleep.

This app is free but you can purchase in-app with \$ 2 to unlock other features, such as alarm sound options and extended history search functionality.

Download : Sleep Better

4. AutoSleep Tracker for Watch (\$ 3)



AutoSleep Tracker for Watch requires users to have Apple Watch to make the most of its capabilities. However, you do not need to install this application on the watch as on iPhone. AutoSleep automatically tracks sleep time, describes your sleep.

It also works if Apple Watch recharges overnight but can only monitor sleep time. So you should wear the watch overnight so that AutoSleep analyzes everything about your sleep. Once you wake up, you can add an emoji that shows how you feel after sleep, as well as a more detailed note. This is the perfect way to easily track users' sleep cycles and moods.

Download : AutoSleep Tracker for Watch

5. Sleeptracker 24/7 (1 USD)



The app has appeared on the App Store since 2012, Sleeptracker 24/7 is a popular sleep monitoring application (and long term). It records snoring, sleep apnea, as well as talking. Besides, it measures your resting heart rate for less than 10 seconds via iPhone camera, and keeps track of your daily activity levels.

By accessing professional sleep monitoring, it can provide detailed information about trends and correlations in sleep and your activity level. When it comes to high quality sleep, it's important to consider what happens outside the bedroom and Sleeptracker 24/7 will help you.

Download : Sleeptracker 24/7

6. Sleep Tracker: by Sleepmatic (2 USD)



Similarly with AutoTracker, Sleep Tracker: by Sleepmatic focuses on turning Apple Watch into a sleep tracker. The application will automatically record sleep and naps, without having to do anything but wear Apple Watch when sleeping.

Application with HealthKit to store information and statistics about your health trait is safe. Sleep Tracker does not require registration, this is one of the cheapest ways to track your sleeping habits, with viewable history for months.

Download : Sleep Tracker: by Sleepmatic

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