

Apps for Apple Products



Sleepmaker Rain Free



Easy Relax Lite



Sleepmaker Storms Free



Relaxing Sounds Of Nature



Sleepmaker Streams Free



Naturespace



Sleepmaker Waves Free



Sleep Machine Lite



Sleepmaker Wildlife Free



Relax Melodies



White Noise Lite



Tactical Breather

Tactical Breathing Trainer can be used to gain control over physiological and Psychological responses to stress. Through repetitive practice and training, anyone can learn to gain control of your heart rate, emotions, concentration, and other physiological and Psychological responses to your body during stressful situations. This can dramatically benefit soldiers during stressful combat situations. Many of the techniques taught in this application were provided by Lt. Col. Dave Grossman from his book "On Combat: The Psychology and Physiology of Deadly Conflict in War and in Peace".



Breathe 2 Relax App

Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.

Audio Books for Apple Devices



Audiobooks



SpokenWord Audio Bible–New Testament



Free Audiobooks



SpokenWord Audio Bible–Old Testament



KJV Bible Audiobook



Top 100Audiobooks Free

Free Podcasts on iTunes



Great Relaxation Music



Properly Chilled



The Music for Massage



Ambient Falls



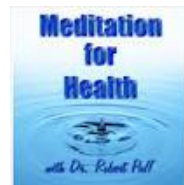
Sounds of Ambience



Guided Imagery UMHS Health System



The DreamWalker P.R.O.J.E.C.T.



Meditation for Health

Audio Book Podcasts on iTunes



Free audio book of the Month Podcast

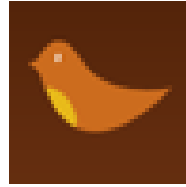


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Apps for Android Devices



iZen – Art of Zen
Meditation



Birdsongradio live
Stream



Relaxus Lite



Brainwave Tuner Lite



Zen Buddhamix Radio



White Noise



Zen Meditation Music



White Noise Lite



Dream: Ultimate



Audiobooks



Relax and Sleep



Healing Sound