

Resources and Referrals

Books

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Devices and Wearables

- Apple Watch
- Bellabeat LEAF
- Firstbeat
- Fitbit activity trackers
- Garmin activity trackers
- InBody Band
- Jawbone Up activity trackers
- Microsoft Band
- Misfit activity trackers
- Withings activity trackers
- Withings AURA
- ResmedS+

Journals

- Behavioral Sleep Medicine
- Journal of Biological Rhythms
- Journal of Pineal Research
- Journal of Sleep Research
- Sleep
- Sleep and Breathing
- Sleep Medicine
- Sleep Medicine Reviews

Journal Citations

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Smartphone and Tablet Applications

- Calm (Android, iOS)
- CBT-i Coach (Android, iOS)
- Pzizz (Android, iOS)
- Sleep++ (iOS)
- Sleepio (iOS)
- Sleepstream (iOS)
- SnoreLab (Android, iOS)
- U-Sleep (Android, iOS)

Websites

- Center for Disease Control and Prevention
 - Sleep Hygiene Tip
- National Heart, Lung, and Blood Institute
 - What Are Sleep Deprivation and Deficiency?
 - Your Guide to Healthy Sleep
- National Sleep Foundation
- SHUTi
- Sleepio
- UpToDate
 - Sleep Insufficiency: Definition, Consequences, and Management