

Resources and Referrals— Sleep

Books

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Devices and Wearables

- [Apple Watch](#)
- [Bellabeat](#)
- [Firstbeat](#)
- [Fitbit activity trackers](#)
- [Garmin activity trackers](#)
- [InBody BAND 2](#)
- [ResMed myAir](#)
- [Withings](#)

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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- [Calm](#)
- [CBT-i Coach](#)
- [Pzizz](#)
- [Sleep++](#)
- [Sleepio](#)
- [SnoreLab](#)

Websites

- Center for Disease Control and Prevention: [Tips for Better Sleep](#)
- National Heart, Lung, and Blood Institute: [What Are Sleep Deprivation and Deficiency?](#), [Healthy Sleep Habits](#)
- [National Sleep Foundation](#)
- [SHUTi](#)
- [Sleepio](#)
- UpToDate: [Insufficient sleep: Definition, epidemiology, and adverse outcomes](#), [Insufficient sleep: Evaluation and management](#)