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The Sleep Easy App

During the past 20 years of working with individual clients, Dr. Shane also had a vision of creating a learn-at-home version of the Sleep Easy program with the potential to help millions of people. Over the years, this has evolved through various versions and in the last 2 ½ years, he has been working with a superb team to create and launch the Sleep Easy mobile app, now available on the Apple App Store.

Other sleep methods take traditional relaxation methods and try to apply them to sleep. While this can be helpful for some, it's not effective for people with chronic sleep challenges. Dr. Shane had serious insomnia, navigated his way through that over many years and sleep itself taught him the secrets of how the mind and body fall asleep. From this, people report that Sleep Easy feels like the natural way sleep happens, not like an artificial technique. In a clinical study 81.6% of participants slept better, and the vast majority reported their sleep began to improve their first night or within the first few nights. [Journal of Sleep Disorders & Therapy 2016]

Features include:

- Programs that resolve sleep difficulties related to over 35 different challenges, such as stress, anxiety, depression, using sleep medication, PTSD, ADHD, menopause, working unusual hours, falling back to sleep and more. You select the challenges that apply, and the app delivers personalized programs specialized for those challenges.
- The center of the app is the 14-day Core Treatment Program. This program guides you through a sequence of sleep recordings over 14 nights. These create within you a neurological pathway to sleep, helping you fall asleep or back to sleep more quickly and easily and sleep more deeply.
- Each day has a brief Daytime Session, designed to give you new knowledge about your mind, body and sleep. The first Daytime Session is the Introduction, which gives you more insight into the Sleep Easy Method and tips on how to best use the app.
- The sleep recordings are in Dr. Shane's voice and also in a female voice.
- Choose from eight different Sleep Sounds from world-renowned sound healers and sound engineers—to play in the background of the sleep recordings. You can adjust the volume of the background sound in relation to the voice. You can also set the background sound to continue after the voice has ended for whatever amount of time you wish. This supports you to continue to gently feel the sleep process on your own after the voice has stopped, easing yourself toward sleep.

- In the Resources section of the app, there is an extensive library of mini sessions on sleep hygiene. Almost all of these sessions contain material developed by Dr Shane, not found in other presentations about sleep hygiene.
- Each recorded session contains a Transcript button to see a written summary of the audio session so you can review in writing.
- If you are using Sleep Medication, the app offers a specialized program that makes it possible to gradually reduce and eliminate the need for medication without withdrawal. You should be under the supervision of your physician when reducing sleep medication. The first session of this program includes information you can share with your physician so they can make the best decisions about your sleep health with you.
- Download the sleep recordings to listen to while offline.
- New Programs and Resources are added to the app regularly.

Certainly, the primary goal of the Sleep Easy program is good sleep. However, on an even deeper level, it is simple forms of mind-body healing that are easy to understand and experience. These help with sleep and help with many areas of life. Over 130 recordings. Consider these to be a wonderful resource that will continue for a long time to make sleep even easier.

[Download the Sleep Easy App on the Apple App Store](#). Get a 7-day free trial, then \$9.99 monthly or \$79.99 annually

[Download the Sleep Easy web-based app for Android](#). Get 40% off the yearly subscription price of \$79.99.

The Sleep Easy app has been over 25 years in the making. You will find it simple, effective, and it will transform your life, because at Sleep Easy we know good sleep is truly life changing.