Relax & Sleep Well Hypnosis

--Jie Wang
What is this app about?

Relax & Sleep Well is a hypnosis and meditation app which provide professional studio productions. It helps people who are suffering from anxiety to overcome insomnia stress and sleep well with dreamy, relaxing meditation recording.
Advantages of using Relax & Sleep Well Hypnosis

1. Sleep well makes falling asleep easier and improves the quality of your sleep. By using this app, even though I slept less in the last few weeks, I felt more alert and engaged in daily work.
2. Sleep well encourages healthy sleep patterns since this app makes falling asleep so much easier.
3. Sleep well also helps people getting off their medication when they don’t need drugs to bring them to sleep anymore.
Disadvantages of Sleep Well

1. It is not good for your phones if you are going to play the Sleep Well all night. Also, headphones make the sound so much clearer, but it may damage your ears if you are wearing headphones when you go to bed every night.

2. Most of records have hypnotherapist Glenn Harrold’s voice in first half part. You can’t control what Sleep Well will play. When you are enjoying the soothing sound of waves, Glenn’s voice can easily dispel your drowsiness.

3. Sleep Well brings you so deep into your unconscious mind. So, it makes sleep easier, but waking up in the morning becomes tougher.
Overall Merit

I will rate sleep well as 5 stars because it is so helpful to those people who are suffering from stress and insomnia. It helps you to alleviate stress, anxiety, and overcome insomnia and encourage healthy sleep patterns. High quality of sleep saves your sanity in the morning.
Thank you