

# Useful Resources

## Tips and More

### NIH:

<https://www.nia.nih.gov/health/good-nights-sleep#good>

## The Sleep Foundation

<https://www.sleepfoundation.org/>

### Things to try at home:

Free yoga and meditation audio classes at **Breathe**: <https://breatheyoga.com/Free-Classes>

Free 30-day trial of the **Calm** meditation app (no credit card needed): <https://www.calm.com/trial>

Free meditation resources through **Calm**: <https://blog.calm.com/take-a-deep-breath>

### Headspace: Mindfulness App

- **COVID-19 Resources**: <https://www.headspace.com/covid-19>
- **For NY**: <https://www.headspace.com/ny>

### More resources can be found on our website

<https://wellness.urcew.com>