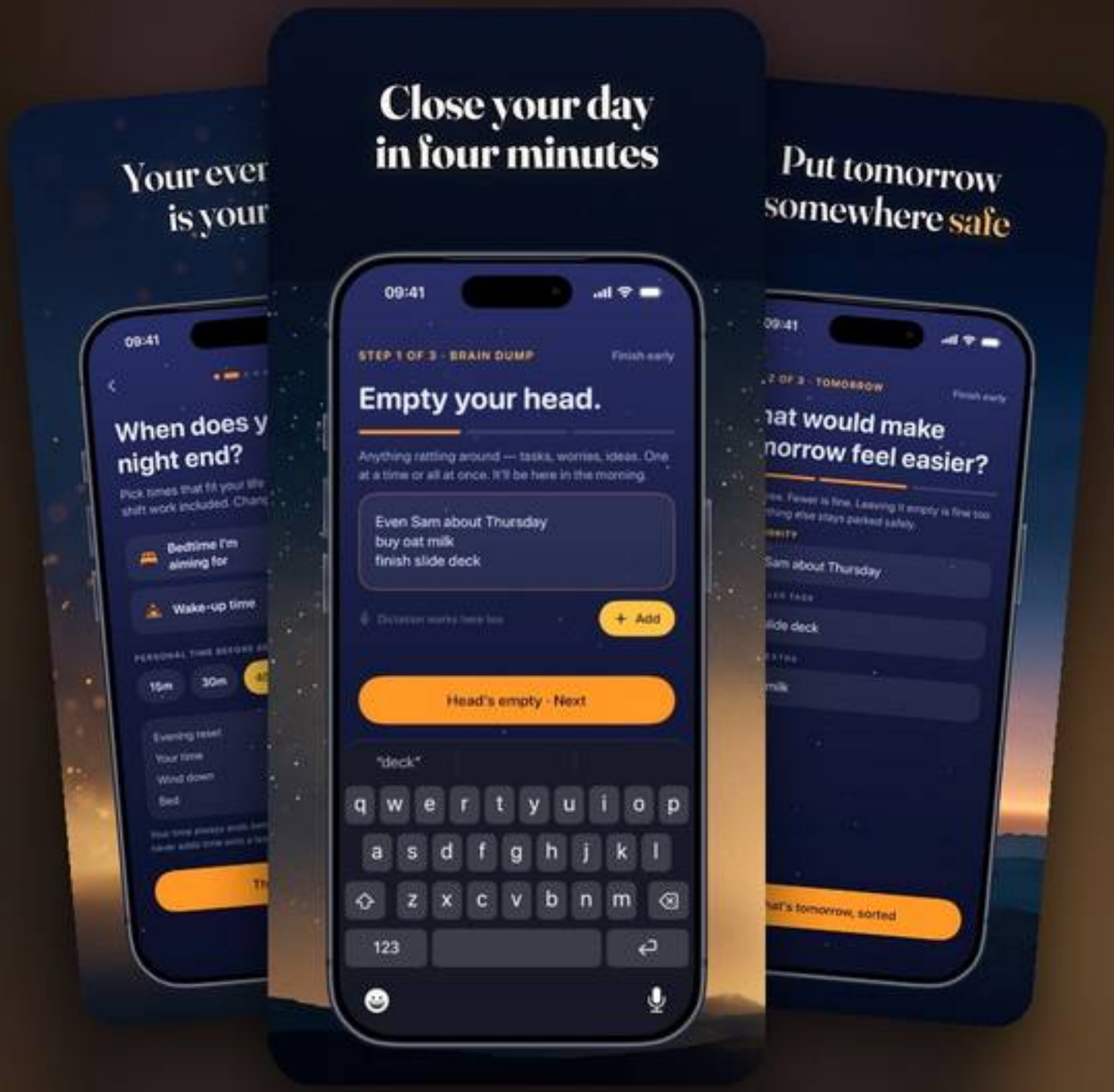
Sleepward

A four-minute evening reset so your day has an ending.



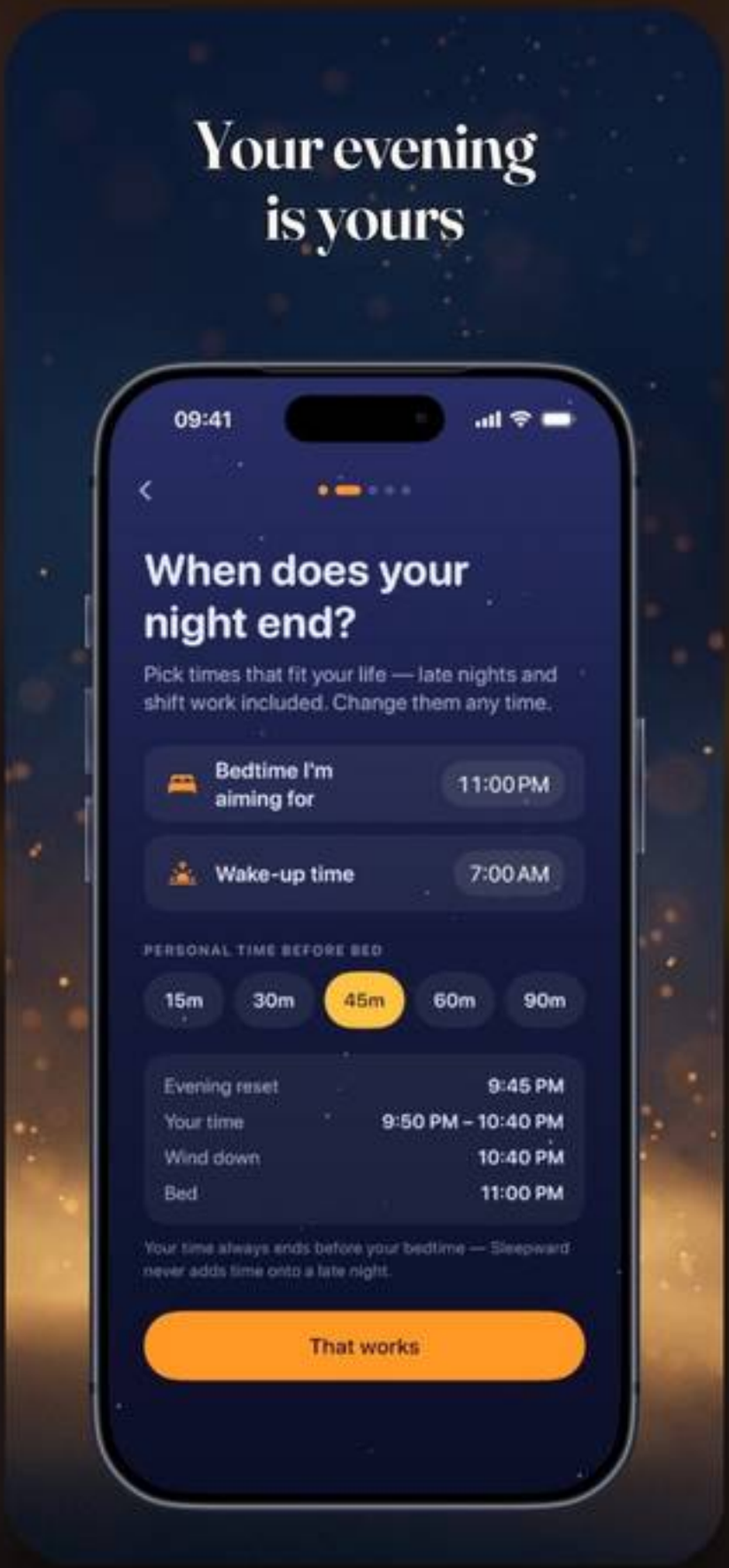
Free on the App Store

iPhone & iPad

SLEEPWARD · 01

Close The Day

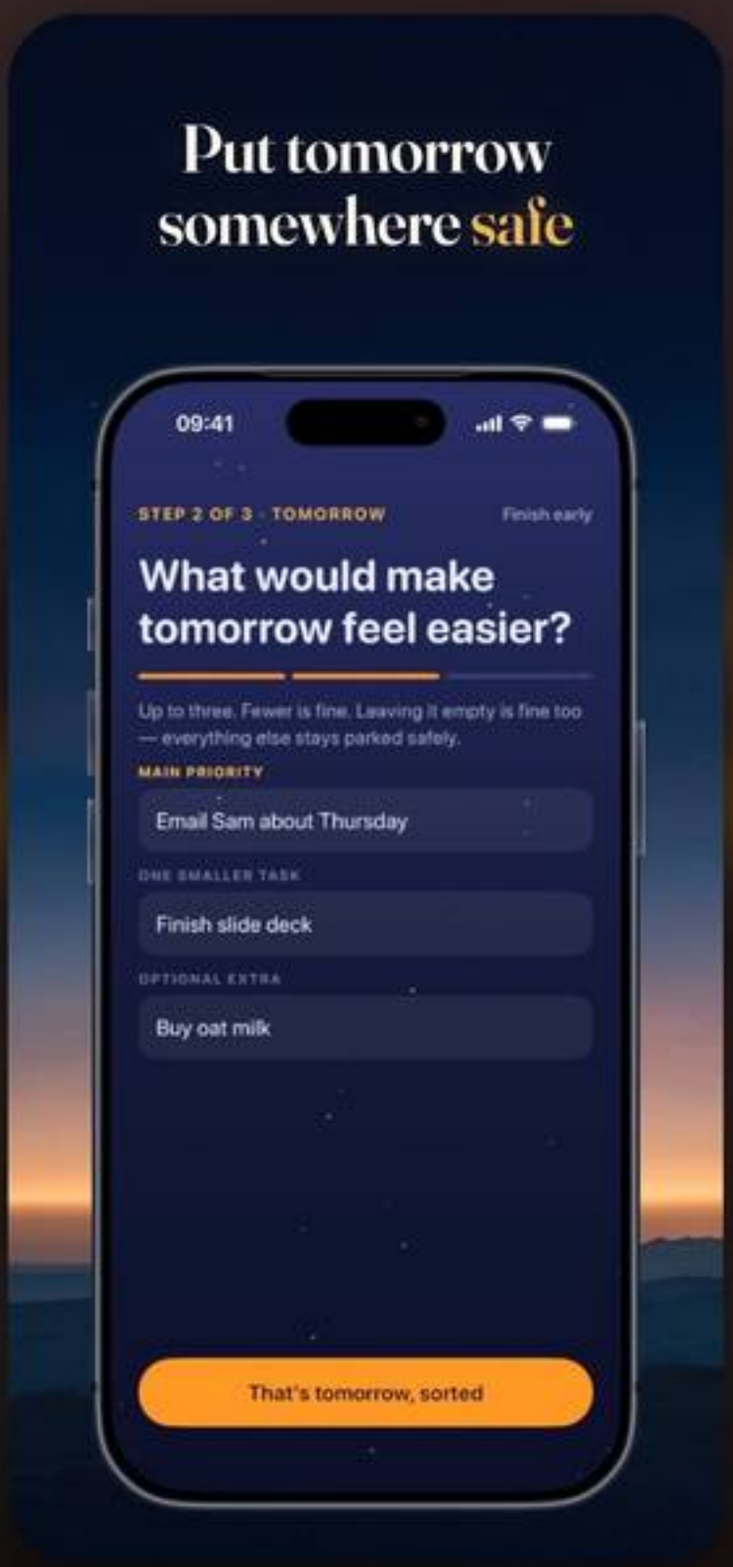
A four-minute evening reset. Three short, optional steps, and you can skip or finish early at any point.



SLEEPWARD · 02

Clear Your Head

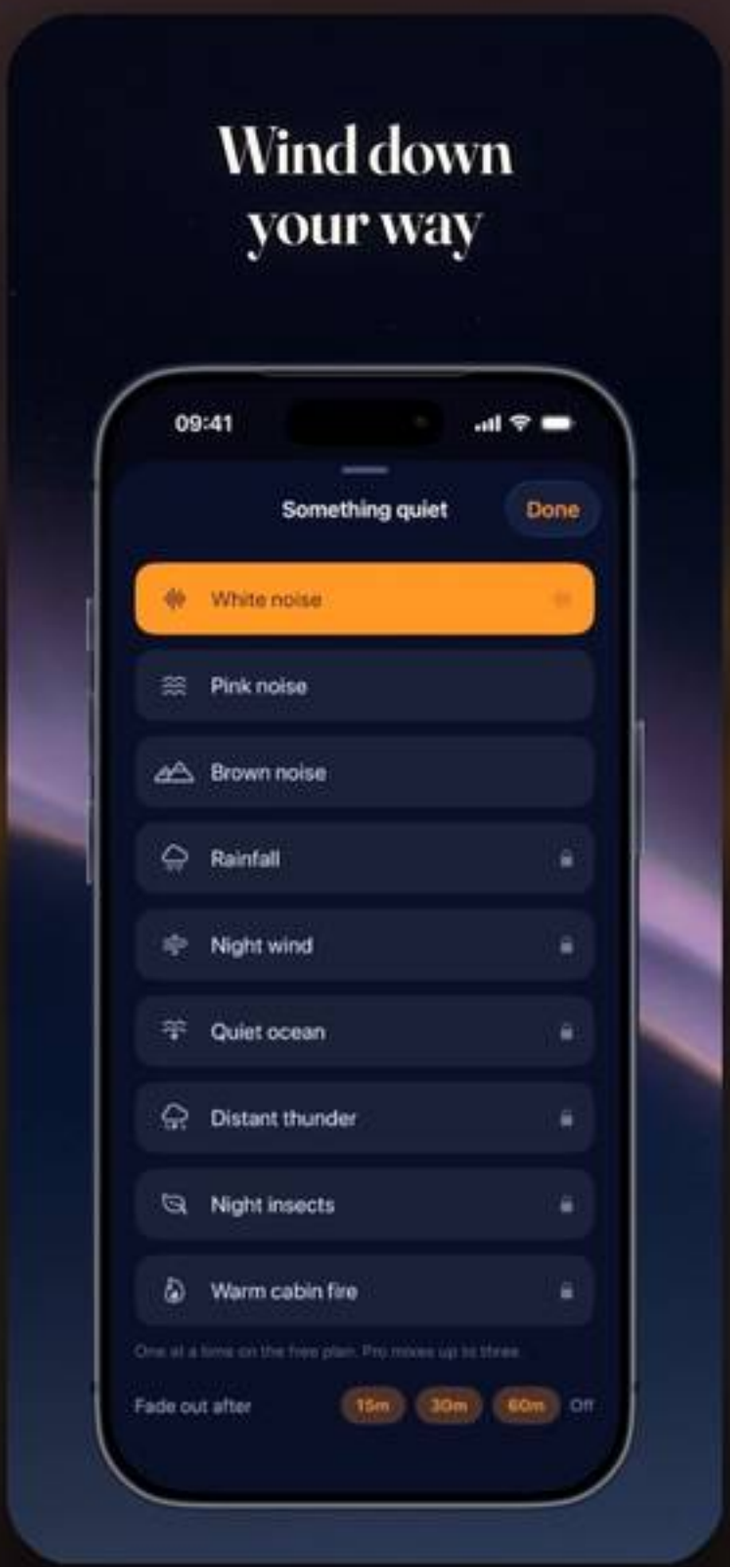
Write everything down in a private Brain Dump, as separate entries you can edit later. Then pick up to three things that would make tomorrow easier: one main thing, one small task, one optional extra. Or pick none.



SLEEPWARD · 03

Reclaim Your Evening

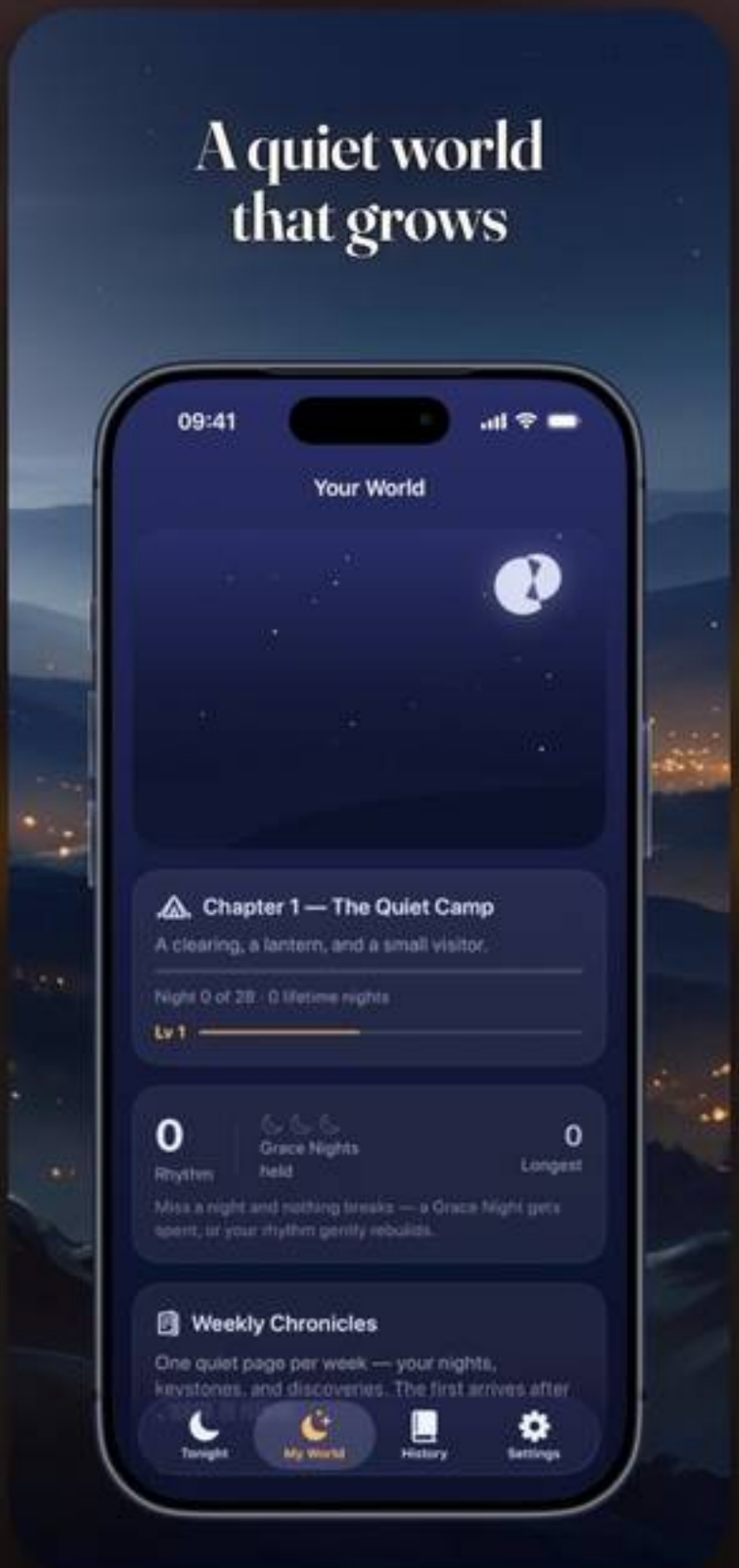
Your Hour is a protected stretch of personal time: 15, 30, 45 or 60 minutes, or your own length. It always ends before the bedtime you chose. Show a calm countdown only if you want one, and close the app whenever you like.



SLEEPWARD · 04

Wind Down

A gradually darkening wind-down screen, a simple routine you can edit (dim lights, read, prepare tomorrow's things) and free soundscapes: white, pink and brown noise with a fade-out sleep timer.





Sleepward

A four-minute evening reset so your day has an ending.

Free on the App Store

Scan with your iPhone camera or tap the button

Honest Little Apps · iPhone & iPad