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Get a smart alarm that analyzes your sleep patterns on your Android with sleep Cycle.Sleep Cycle is an app that deeply analyzes your sleep phase and wakes you up on your easy sleep phase, so you wake up gently and relaxed. The app tracks your sleep and determines when to wake you up at the best time in your sleep phase. The app uses the proven science of sleep over the years of research and development. The app also has a variety of carefully selected alarm tunes, shake or click for replay, detailed sleep stats, use your own music as disturbing music, and more. Download the sleep cycle now and wake up gently and feel relaxed. Visit Tom's Guide for free Android apps and for the latest news and apps. And if you have any Android problems, go and check out Tom's Guide forums. One of the problems with regular alarm clocks is that they only wake people up at the exact hour, without regard to the fact that users can have a deep sleep. Studies have shown that if people wake up gradually and from the mild phase of sleep, it can make a very big difference. This is exactly what the app does. It tracks sleep and wakes the user during a light sleep. So your relaxed and rested; You don't feel like an anvil fell on your head. Users just have to place the phone close to where they are sleeping, so the phone can use the accelerometer to determine when it should start ringing. For more information about downloading the Sleep Cycle alarm on your phone, check out our guide: how to install APK files. Get a smart alarm that wakes you up while light sleepApp tracks sleep and is determined by the optimal wake-up time Sleep Cycle alarm clock APK version (44): Sleep cycle is a useful tool for tracking your sleep from your smartphone. This app works using your smartphone's microphone, so you don't have to keep it in bed with you. Enjoy a good night's rest with these relaxing sounds and wake up on the right side of the bed with the best alarms. The first thing you need to do after downloading the app is to decide the time you want to wake up and what days you want to signal. The sleep cycle then sets the alarm on the right days. You can also choose the alarm clock that you want to wake you up to, although most of them are only available with the premium version. Once this is set up, you can activate the app when you go to sleep by sliding your finger. You can also turn it off in the morning in the same way. One of the best things about this app is that it can distinguish light and deep sleep from the sounds you make. You can also check activity at night when you wake up or and turn using this information to help you sleep better. To hit the replay, just shake your smartphone. Anxiety will go away again with gradually short intervals, easing you woke up to start your day off Download this app to get better sleep and get up on time with custom alarms. Relax, sleep better and wake up feeling rested with a cycle of sleep, a smart alarm clock. Track sleep from sleep to morning, and get a detailed analysis with an app that makes waking up in the morning just that little easier. Track your sleep with your phone and start your day energized with our smart alarm clock and sleep tracker. Its unique design only wakes you up while you are in your light sleep phase. In addition, you will get detailed reports of how the sleep cycle controls your sleep, from sleep until you wake up. Track your sleep and use the data to help you sleep better today! ☺ wake up made easy - 5 reasons you'll love the sleep cycle:1. Sleep better with a gentle alarm clock - sleep cycle wakes you up while you're in a light sleep and is a natural way to start your day. Relax before bed and track sleep easily - Learn about your sleep with detailed analysis. 3. Sleep tracker with a difference - There is no phone under the pillow, you can track sleep by putting the device on the nightstand or next to the floor. 4. Your health comes first - your sleep data and reports will help you feel great inside and day. 5. Sleep is better - Relax and let the sleep cycle analyze your light sleep, deep sleep and general health. Relax with a good night's sleep that will work wonders for your health. Download the sleep cycle today - waking up in the morning has never been easier! Free features/ sleep analysis with a cycle of patented sound technology, or accelerometer/ Detailed sleep statistics and daily sleep schedules/ carefully selected alarm tunes/ repeat, shaking or twice clicking on your phone lightly/ Customizable wake-ups. From instant (regular alarm clocks), to 90 minutesPremium features/ Long-term sleep tracker trends/ Compare your sleep data in global sleep statistics - Snore trends - view historical snoring trends/ Sleep Care - will get you to sleep easier/ Sleep notes - to see As events such as drinking coffee, stress, work, or eating late affect sleep quality/ Wake up mood - see how the sleep cycle affects your mood wake up/ internet backup - allows you to provide your sleep data online/ Export Sleep Data Excel for detailed analysis of RE-REMENTSAbility for charging your phone by the bed. The ability to place the phone next to the bed, for example, on the nightstand or on the floor. A good night's rest is very important for health. Those who don't get enough may not feel great during the day. Smartphones can help you understand why. Most sleep tracker apps allow you to do things like track how much sleep you get each night. Others record your snoring, and some Make you put your phone to bed to see how often you die and turn. From there, you can go to your doctor to get help or adjust your sleep habits Either way, these excellent sleep tracker apps should help you get started. You can also track your sleep with fitness trackers. Disturbing Watch XtremePrice: Free/\$4.99Alarm Watch Xtreme has a lot going on. This is technically an alarm clock app. However, it also comes with sleep tracking features. It has different alarms. The idea is to help people who have trouble waking up by giving them a bunch of different ways to try. This will save the time when you go to sleep and wake up every morning. It will even analyze your sleep quality as well as quantity. They are not what you think about when it comes to sleep tracker apps. However, it doesn't do half the bad. Should I Snore or GrindPrice: Free Trial / Up to \$5.99Do I Snor or Grind is a simple sleep tracker app. It just finds out if you snore or grind your teeth in your sleep. The free version allows up to five nights of recording. The pro version removes this restriction. Some other features include tips on how to reduce both grinding and snoring, as well as full offline support. The app can be used in airplane mode if necessary. You can use the app with your remedies to see if they are actually effective for you or not. It won't track your sleep as in-depth as other apps, but it can help fix some sleep problems you may be experiencing. Google FitPrice: FreeGoogle Fit seems to do almost everything. It will track your activity, steps, calories, and even your sleep. The app is pretty basic. You just do things and type them into the app as needed. The app then spit out your progress. The app comes with integration with a ton of other services. These include Runkeeper, MyFitnessPal, Lifesum, Sleep as Android, as well as several types of fitness trackers. It even works with Android Wear. This is one of the best sleep trackers. Especially if you use it with other apps. PrimeNapPrice: Free /\$3.49Words WordsPrimeNap is the second rebranding of this app. However, the app is basically the same despite its new digs and name. It has detailed graphs, a sleep debt analysis schedule, alarm clock functionality, and even some additional things like a dream log and a noise machine function. It also boasts minimal permissions and no subscriptions, both features that we value. It's relatively new. At least compared to others on this list. However, it seems to work pretty well. Runtastic Sleep BetterPrice: Free/\$1.99Runtastic Sleep is the best silly name for the app. However, the app is actually pretty decent. It connects directly to Runtastic. So you can both apps to track your sleep and fitness. The app includes a sleep monitoring function, a sleep timer, and even the ability to track caffeine and alcohol consumption. This allows you to mark your mood when you wake up as well. Like most, you will have to put your phone in bed with you so it can track your sleep accurately. It's a free download. Pro Pro Goes for \$1.99.Sleep as AndroidPrice: Free /Up to \$3.99It is one of the original sleep tracker apps on your mobile phone. It's been around long enough to mature into something really special. It will track your sleep cycles as usual. It also comes with support for Android Wear, Pebble (RIP) and Galaxy Gear devices. The app can also integrate with Google Fit and Samsung Healthcare. It can play binaural tones to help you sleep. It will even act as an alarm clock, which forces you to decide the captcha before the alarm goes off. The free version is a two-week free trial. After that you have to pay for it. Sleep Cycle Alarm ClockPrice: Free/\$29.99 per yearSleep Cycle Alarm Clock is one of the most expensive sleep tracker apps. The free version has a fair set of features. He will try to wake you up when he feels you are ready. It also offers sleep analysis, night sleep schedules, and various alarms. The premium version includes additional features. Some are like the Philips Hue integration just for iOS. We thought it was lame. The premium version is \$29.99 per year subscription. We don't know if it's worth it. The free version is good though. Sleep TimePrice: Free/\$29.99 per year Sleep Time is another of the sleep tracker apps with a subscription price tag. It looks pretty decent, though. It has a different alarm setting. It also comes with sleep analysis, a wake-up algorithm that tries to wake you up when it thinks you're ready. It will offer all your statistics in the charts. These are, in fact, the basics. You'll have to pay for some of the best things, but that's fine. It does the basics well enough. SnoreLabPrice: Free /Up to \$9.99SnoreLab is one of the most unique sleep tracker apps. It doesn't really do most of the basic stuff. This one just records how you snore. It will detect when you snore, enter the times and then record you doing it. It will also measure intensity, frequency and more. You can even enter when you've done things like drink to see their effect on your snoring. It will email the audio files for you as well for easy links. It won't give you graphics based on your N3 deep sleep cycle, but it's amazing for snoring. Fitness Group appsPrice: Free apps/equipment costs vary with fitness trackers and app manufacturers make a lot of sense. You wear things like your Fitbit almost 24/7. The app can track your sleep. Why not use it for this? They have the advantage of being made for a particular equipment. This means that they can usually do a pretty decent job of recording material. and other apps, such as Samsung Health, that have the same benefits. Samsung optimizes the app for the phones they make. Thus, it can be more accurate than a third party solution. Your mileage can vary. However, you can try these before you look for third party solutions. If we missed any of the best best Tracker apps, tell us about them in the comments! You can also click here to check out our latest Android app and game lists! Lists!

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