

Directions for **Relax Melodies App**:



Meditations:

1. Open Relax Melodies Application
2. Near the bottom of the screen, select the second option “MEDITATIONS”
3. You will now see all offered meditation exercises the application offers (if there is a “lock” icon in the bottom right corner, that is not included in the free application).

COVID-19:

- At the top of the screen select “Retreat”
 - COVID19 Pause & Retreat
 - SOS De-Stress Meditation

Sleep:

- At the top of the screen select “Sleep Faster”
- Dropping into the Present Moment
- At the top of the screen select “Relaxation”
 - Complete Release Body Scan

Start your day:

- At the top of the screen select “Morning”
 - Relaxing Morning Ocean Breath

Anxiety:

- At the top of the screen select “Relaxation”
 - Complete Release Body Scan

Directions for **Relax Melodies App**:

Stories:

1. Open Relax Melodies Application
2. Near the bottom of the screen, select the third option “Stories”
3. You will now see all offered audio stories the application offers (if there is a “lock” icon in the bottom right corner, that is not included in the free application).



Directions for **Relax Melodies App**:

Composer:

1. Open Relax Melodies Application
2. Near the bottom of the screen, select the first option “Composer”
3. At the top of the screen select “Sounds”
4. You will now see all offered sound choices the application offers (if there is a “lock” icon in the bottom right corner, that is not included in the free application).
5. Select sounds that interest you to create a mix of calming sounds
6. Near the bottom of the screen you can select “Current Mix” which will pull up all sounds you have selected (up to 12).
 - Delete sounds you do not wish to keep by selecting “X”
 - Adjust the volume of selected sounds to create a mix specific to you!
 - If you’d like to add a timer (great for using this before going to bed!), select add timer in the bottom left corner.



iOS link: <https://apps.apple.com/us/app/relax-melodies-sleep-sounds/id314498713>

Android link: https://play.google.com/store/apps/details?id=ipnossoft.rma.free&hl=en_US