

## Migraine Apps for iPhone (IOS)

### Yoga for Migraines

By Saagara

Operating Systems: Available for iOS, Android, Nook and Mac.

Description:

"Yoga for Migraine" provides a structured series of yoga poses which aim to relieve migraines. Headaches are often triggered and worsened by stress, making this relaxation based therapy likely to provide pain relief. This app can be helpful when practiced regularly when you are pain free to help prevent migraines.

Migraines are a debilitating condition with no clear medically identifiable cause. Ancient yogis claimed that migraines were caused by weak air in the body and stress affecting the nerves. Today they affect millions of people, and are worsened by our modern lifestyle. The exercises in "Yoga for Migraine" are meant to relax the body and mind, improve circulation, and increase lung capacity.

"Yoga for Migraine" draws upon traditional hatha yoga and was formulated by an expert in ancient yogic methods. The program guides you through several yoga poses while emphasizing correct breathing methods. As you become accustomed to the exercises, you can change the settings from beginner to intermediate to advanced, for a longer more effective session.

Yoga asanas include: Vajrasana (Diamond Pose), Urdhva Vajrasana (Upper Diamond), Supta Vajrasana (Fixed Firm Pose), Padangusthasana (Big Toe Pose), Veerabhadrasana (Warrior Pose), Bhujangasana (Snake POse) - intermediate, Baddhakonasana Type 1 (Cobblers Pose) - Intermediate, Baddhakonasana (Type 2 (Cobblers Pose) - intermediate, Dhanurasana (Bow Pose) - intermediate, Sarvangasana (Shoulder Stand) - advanced, Halasana (Plow Pose) - advanced.

This app has HD graphics and is compatible with high-resolution tablets. Users may want to first try our app "Core Yoga" which is better suited for beginners. After practicing "Core Yoga" for a few weeks, you should be able to comfortably practice "Yoga for Migraine".

## Migraine Relief Hypnosis – Relieve Tension Headaches \* Migraine Pain

By Surf City Apps Guided Meditation and Self Help Hypnosis LLC

### Description:

Learn to reduce migraine pain or discomfort after listening daily for just 1-3 weeks  
Train your body through subconscious thoughts to achieve migraine relief  
Prevent migraine pain from interfering with your work, sleep, and life

**\*TRAIN YOUR MIND TO EXPERIENCE MIGRAINE RELIEF THROUGH HYPNOSIS\***

Do you suffer from chronic migraines? Hypnosis can help train your body to soothe the discomfort of migraine pain, resetting your body's behavior for ease and relaxation.

### EFFORTLESS RELIEF:

A single audio session of 30 minutes a day that is effective in just 1-3 weeks  
Hypnosis audio carefully read by the soothing voice of a certified hypnotherapist  
Peaceful background music and nature sounds to help you relax  
Hypnotic Booster induces your brainwave frequency into an optimal state for receiving hypnotic suggestions  
Separate volume controls for Voice, Background, and Hypnotic Booster  
Awaken at End feature can be disabled at bedtime for a relaxing, restful sleep  
Repeat session or loop while you sleep  
Continue listening to background sounds after the session ends  
Works with Apple Watch! Pause, resume and adjust overall volume from your wrist via the Now Playing glance

## Pain & Depression Relief

By AmbiScience (tm) Body and Mind Utility

### Description:

AmbiScience takes you on a sonic journey with a combination of ambient electronica and a variety of several effective programs that attune your brain to desired states of mind using the BEST entrainment frequencies. Tune your mind to help you with pain or depression.

### HOW DOES IT WORK?

Once you choose a particular frequency, such as the 'sleep' (brainwaves) frequency, this state is then more quickly achieved than normal. This is done by a mixing of tones sent to each ear - the difference between the two tones, that your brain creates, is called binaural entrainment. We also include isochronic entrainment, which is a different form, using a single pulsating tone in each ear - people who don't respond to binaurals, often respond to isochronics. AmbiScience is the only app, which includes binaurals and isochronics in ONE.

## Migraine Buddy

This app is compatible with all of your devices.

Description:

Migraine Buddy is an advanced migraine headache diary and tracking app designed by neurologists and data scientists. More than a migraine journal, Migraine Buddy helps users record and identify triggers of migraine, migraine symptoms, migraine medication, migraine frequency and duration, pain intensity and location, medications for migraine, and other lifestyle factors so users can improve their migraine condition. Migraine Buddy provides an easy to read summary report for users to take appropriate action. Migraine Buddy also features an intelligent sleep diary that allows users to see the correlation between their sleep and migraines via a newly introduced sleep graph.

## Relax Melodies P: Sleep & Yoga

Description:

Relax Melodies is the LEADER in personalized relaxation and sleep assistance. No more lacking of sleep or insomnia for you! The sleep that you need and want is waiting for you. Relax Melodies and its many features such as high quality white noise sounds, music melodies and complete customizable mixes will help you sleep like never before.

HOW IT WORKS:

1. Create a sleep mix by selecting sounds and music that you like.
2. Slip naturally into a relaxed state or a deep sleep...!
3. Awake, feel refreshed and happier
4. Do it again, anytime!

Use it also in many other situations such as while exercising, during your yoga meditation sessions, while massaging, during a quick nap or even to help your baby fall asleep faster!

## Brainwave Tuner (Full Version)

Want to relax? Meditate? Learn faster? Focus attention? Increase your awareness? Try self hypnosis? Just put on the earphones and let Brainwave Tuner turn you on.

Description:

Brainwave Tuner is a brain wave stimulation application that generates tones with binaural beats, which can change your brain frequency towards the desired state, be it relaxation or enhanced attention.

For those who get anxious or easily distracted, this can be an extremely helpful tool. Whether you need to study or you're looking to meditate, Brainwave Tuner can put you in the right mind state.

Sleep and Healing:

Headache Therapy: Helps alleviating headaches with a mixture of steady low theta (5Hz) and mid-alpha (10Hz) waves.

Sleep Induction: Gently slows the brain frequency down to 3 Hz delta wave, which usually occurs in a deep sleep thus to gradually induce ones's sleepiness.

Edge of Consciousness: Discover the true meaning of life and consciousness with this track taking you to the very edge of the conscious mind.

Earth Peace Night: This is an Earth Meditation track that helps relax and meditate.

High Frequencies: Generates very high-frequency sounds.

Ocean Waves: This preset demonstrates the most basic noise-modulation effect: ocean waves.

#### Meditation and Relaxation:

Meditation: Concentrating on this tone helps quickly attaining a meditative state of mind.

Schumann Resonance: Helps meditating with a steady 7.83Hz alpha tone. This is also the resonance of the earth's magnetic field, making it a very natural meditative frequency.

Relaxation: Helps to relax with a basic sweep from a regular beta wave (15Hz) down to the low alpha wave (7Hz), in order to save you from certain intense strain.

Self-hypnosis: Helps getting into a self-hypnotic state. The user should listen to the repeating sound and concentrate on it. The key to a successful self-hypnosis lies in being able to concentrate on something.

Shoveling Sands: The sounds, clear and lively, are generated with an irregular modulation phase of 30 degrees, which brings you a happy mood.

Rain and Windshield Wipers: Through this track you can experience the joyful moment in a rainy day.

#### Focus and Learning:

Attention Increase: Helps focusing by bringing the brain to a high beta frequency. The frequency is lowered briefly once every 15 seconds to keep the brain more receptive.

Intelligent Increase: This 10Hz alpha tone helps increase the blood flow in the brain, promote dendrite and synapse growth, increase IQ points and cognitive abilities.

Creativity Enhancing: Induces a state of enhanced creativity with three varying theta tones.

The Awakened Mind: Attempts to induce a brain state that is often described as beyond normal meditative states, being characteristic to advanced meditators who want to attain higher levels of enlightenment.

Schumann Mix: Helps meditating with a mixture of various frequencies including Schumann Resonance, about to enhance the latter's effect.

Quick Mental Refresher: A quick way to refresh yourself mentally. It brings the brain frequency down to a 10Hz alpha wave while brings it back up to a 15Hz beta wave at the end.

Learning Aid I (for subliminal): Helps to learn and memorize new materials when listened to for learning something.

Learning Aid II (for studying): Helps to learn and memorize new materials when listened to for learning something.

## Migraines My Migraine Triggers™

Certain triggers may increase your risk of a migraine attack; however, migraine triggers vary from person to person.

It's a good idea to keep track of the factors that may trigger your migraines. By avoiding your triggers, you may be able to reduce the number of migraine headaches you get.

Description:

That's why the makers of Excedrin(R) Migraine teamed up with neurologists to create the My Migraine Triggers(TM) app: a free, easy-to-use and convenient migraine tracking tool. This app will allow you to:

Keep track of your everyday activities, such as exercise, stress and eating habits to help identify your potential migraine triggers

Chart out daily log information into customizable reports to easily understand which activities, foods, and beverages are associated with the onset of your headaches

Print or e-mail your log and results to share with your doctor to better diagnose and treat your migraines

AND the more you use it, the more it helps

Since migraines can set-in up to 48 hours after being exposed to a trigger, it is important to record potential triggers whether or not a migraine has started.

## Manage My Pain Pro

Description:

When you know there's something wrong with your body but don't know what it is, a good first step is checking in with yourself. With Manage My Pain Pro, you can keep track of any recurring pain you experience by logging information on how you feel, when and where pain occurs in your body, and medical and personal characteristics.

With this tracking system, you'll be able to better understand your condition. And by sharing your information with other users, you can find support and advice from those who can relate to what you're going through.

## Headache Diary (ecoHeadache)

Description:

The Headache Diary (also known as ecoHeadache) is an easy-to-use, all-purpose app for tracking anything and everything related to your headache. Make note of how painful it was, when it happened, and treatments you're undergoing to gain insight into your condition. The more you know about your headaches, the easier it will be for you to control them.

The app was designed with user feedback in mind, so it's bound to help you too.

## iHeadache

### Description:

Have you ever had your doctor ask you questions about your recurring headaches and found that you couldn't quite answer them? It's hard to remember just when and where a headache occurred, but this is valuable information that your doctor can use. Download iHeadache and log all of your migraine info in one place.

The app asks you questions about medications you're taking, how long the headache lasted, and how disabling it was. Based on your answers, iHeadache will classify your headache as a migraine, probable migraine, tension headache, or unclassified headache. Now when your doctor asks, all you have to do is pull out your phone!

## Acupuncture: Heal Yourself

### Description:

Acupressure is a form of ancient therapy that uses pressure from the fingertips to stimulate the body's natural self-curative abilities. Sounds tricky, doesn't it? Well, you can learn how to do it to yourself! With Acupressure: Heal Yourself, you can learn over 90 point combinations to treat a variety of symptoms and ailments.

This app is easy to navigate, and includes categories such as stop addictions, pain relief, and circulatory disorders. With Heal Yourself, the power of healing is literally at your fingertips.

## Curelator

[www.curelator.com/headache](http://www.curelator.com/headache)

Description: this is a web-based way for people to scientifically identify triggers that might cause their migraines and factors that might help prevent those attacks.

It can be accessed through your iPad or iPhone for logging your daily trigger information and details of your headaches. It takes less than several minutes per day. Curelator analyzes the information and the results are shown in a visual, easy to understand way to help you. Once Curelator identifies your triggers it guides you to run tests at home to learn how they affect your condition

The cost is \$49.

## Stress Tracker

### Description:

Created by a team of psychologists and researchers using Cognitive Behavioral Therapy, this app helps you identify then, it's hoped, relieve some of your daily pressures. Track your moods and tension sources and learn what makes you anxious. By identifying those moments, you can better deal with stressors -- or, ideally, avoid them in the first place.

## GPS for the Soul

### Description:

This app, created by Arianna Huffington and Deepak Chopra, operates a bit like biofeedback. Place your fingertip over your phone camera lens, and the app's built-in sensor will measure your head rate and its variability. Then, factoring in your age, weight and gender, the app displays your stress level, indicated along a color spectrum that corresponds to an emotional state. It then offers you ways to help lower stress, like listening to calming music or viewing relaxing photos (or family pictures).

At the same time, a pacer will help regulate your breathing as soon as you sign into the app. Watch your screen to see a "pulse" -- a slightly darkened area of the background shape like a sine curve -- go up and down. Follow the curve as it rises and falls, breathing in and out. As you steady your breaths, you are already de-stressing.

## Squeeze and Shake Stress Relief

### Description:

This virtual stress ball looks and squeaks like a rubber ducky when you squeeze the screen. Shake the phone while pressing the sides and you also get a hand massage while the phone vibrates. The faster you shake, the more vigorous the kneading. Low-tech stress balls have been around forever -- some people say they work simply because you're doing a simple repetitive movement.

## Breathe2Relax

### Description:

Mental health experts maintain that diaphragmatic breathing is a cornerstone of stress relief. Breathe2Relax guides you through the process with clear videos that help you practice and master the technique. Plug in your headphones and inhale/exhale your way through a dental appointment or turbulent flight. (The app can be used in airplane mode).

## White Noise

### Description:

Dr. Oz loves this app and it's clear why. Let's say you're on a plane and need a power nap, but the infant two rows behind you is loudly expressing its unhappiness. What to do? Plug in your headphones and let the comforting sound of waves crashing on a beach lull you to sleep. You can use it with your phone alarm so it turns off by itself.

## Sleep Cycle

### Description:

Fans of this app can't say enough good things about it. To start, set your phone beside you on the mattress. This app's built-in sensor will work with the iPhone's accelerometer to monitor movement and determine which sleep phase you are in and record the levels of your sleep cycle. It then creates a graph showing the "quality" of your snooze. You can use the data to figure out, for instance, if drinking tea or soda in the evening or watching the 11 p.m. News disrupts your sleep.

You'll awake more easily when you're in light sleep (and generally feel better the rest of the day), so the app has a 30-minute window before your set alarm time, and it will wake you when you are in your lightest sleep phase. You might have half an hour less sleep than if you slept through to your alarm, but you'll wake feeling more refreshing.

## Earthlapse

### Description:

Talk about a heavenly way to relax: new-agey music (that sounds like it was written in outer space) plus gorgeous time-lapse photography of Earth captured by NASA astronauts on the International Space Station. Touch the views to control the speed of the images. You can also use the clock and worldwide weather info capabilities to turn the app into a night-table companion. It's a perfect way to step outside your head for a few minutes -- plus, it puts your personal worries in a much vaster context.

## Deep Relaxation

### Description:

This app teaches the Silva Method of relaxation, which involves "centering" yourself through meditation. Choose the 30-minute deep relaxation track or the 20-minute quick relaxation. Both are led by Laura, who has a lovely, soothing voice. What you can get on the free app provides a great get-away-from-it-all experience. Android has a fee app called Relax with Andrew Johnson Lite.

## Sheep Counter

If counting sheep helps you fall asleep, this simple, mesmerizing app will get you to the kingdom of nod in no time.



## Calm

Relax with Calm, a simple mindfulness meditation app featured in the New York Times and LifeHacker, that will bring more clarity, joy, and peace of mind into your life, at work or at home.

Fall asleep faster with over 25 soothing calming sounds which relieve you from outside stress and anxiety. A recent brain imaging study published in a Harvard journal concluded that “mindfulness meditation sessions alter regions of the brain associated with memory, awareness of self, and compassion.”

To cater to different styles we have three mediation options:

- a) 7-21 days guided meditation programs which keep track of your progress;
- b) unguided meditation sessions; and
- c) over 25 guided meditation session that last from just a couple of minutes to up to about 20 minutes.

There are 3 guided programs with more on the way. Our ‘7 Days of Calm’ free introductory program teaches the basics of mindfulness meditation. By breaking down the meditation techniques into 7 steps it is easier to learn how to perform advanced techniques like breathing and attaining the correct posture.

When you are ready to deepen your meditation practice you can upgrade to the ‘21 Days of Calm’ program. This longer program is great training for you to be able to meditate yourself if you are ever without your smartphone.

Our ‘7 Days of Sleep’ premium program is for people that need a little bit of help when falling asleep.

If you prefer no voiceover while you meditate or while you are going to sleep, we have over 25 relaxing options to help you reach your moment of ultimate relaxation.

Retreat from your surroundings and travel the world with over 10 of our beautiful and immersive nature scenes. Choose your perfect background sound and scene to help you relax anytime anywhere. We also have 16 blissful music unguided tracks composed by Kip Mazuy.

Choose one of our 25 guided sessions that last from just a couple of minutes up to 20 minutes when you want to meditate on the fly or in the comfort of your home. With a variety of options you are bound to find the appropriate session for your specific needs. Examples include guides that help you ease mental tension, have a restful night, focus your mind, unlock your imagination, have a spiritual awakening, and much more.