



**doze**: goodnight mind for teens

## Introducing the new free **doze** mobile app

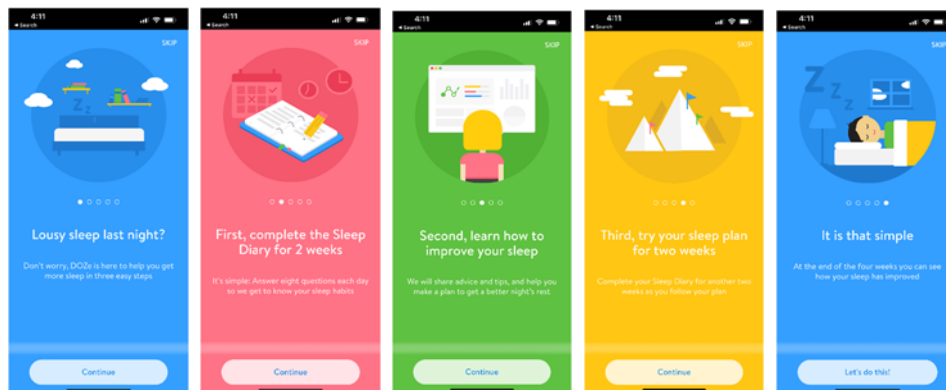
The team at **doze** is excited to announce the upcoming launch of the **doze** mobile phone version of **doze**, a proven success in helping young adults sleep better. The mobile app is a significant milestone in the development of **doze**, as it offers improved convenience and accessibility for young adults experiencing sleep problems.

What is **doze**?

Helping young adults get a better night's rest

For youth, co-designed by youth, research-derived and validated<sup>1</sup>, tailored for individual sleep concerns

**doze** enables youth to better understand their sleep patterns and make changes for improvements. **doze** puts them in the driver's seat.



**doze** mobile app will be available on the App Store and Google Play starting Dec. 15<sup>th</sup>, 2021.

Watch the following video to learn more about **doze**  
<https://www.youtube.com/watch?v=fNAtFd7myHY&t=11s>

<sup>1</sup>Carmona, N. E., Usyatynsky, A., Kutana, S., Corkum, P., Henderson, J., McShane, K., Shapiro, C. M., Sidani, S., Stinson, J., & Carney, C. E. (2021). Improving access and outcomes for teen sleepers: Results from a feasibility trial of an evidence-based app for sleep disturbance. *Journal of Medical Internet Research*, 5(11), e25392