

15 May 2009

By: Filip Truta, Apple News Editor



A Good Night's Sleep
banner
Mobile Frontiers Ltd.

[The App Store Gets 'A Good Night's Sleep'](#)

Wake up and fall asleep gradually thanks to a new iPhone app from Mobile Frontiers

Mobile Frontiers Ltd., a company whose mission is to enhance people's lives through mobile technology, has recently announced "A Good Night's Sleep," an iPhone app that promises to be "the definitive solution to stress and insomnia." The application is immediately available for download onto an iPhone or iPod touch running 2.2.1 software update.

What makes "A Good Night's Sleep" special is that it uses the process of allowing users to wake up and sleep peacefully and gradually. Besides waking users up gradually, the app is also said to guarantee a relaxing end to every night by allowing them to set a series of sleep sounds or music.

"This is the ONLY application of its kind on the iTunes store; no other application utilizes our unique and exclusive process of gradually allowing users to WAKE and sleep, peacefully and gradually, the way they want!," Mobile Frontiers Ltd. says.

"We take the health of our team very seriously and found a way to share our experiences with the general public," Mobile Frontiers Director Simon Garratt describes the breakthrough. "No one can perform at their personal or professional best without A Good Night's Sleep, so naturally A Good Night's Sleep is the perfect productivity solution. This application is great for everyone, from busy professionals to stressed out teens to infants who can't get to sleep, there is no time in a person's life where sleep is not critical to their daily health," he pinpoints.

"Our aim in programming this application was to ensure the broadest range of features to allow people to individualize their own relaxation experience," Technology Development Coordinator Mehdi Akhavein adds. "A Good Night's Sleep gives users such a varied choice of sleep AND waking modes, there is just nothing that compares to its scope and personalization ability," he concludes.

The application is now on sale in the App Store, so, if you're having trouble sleeping, better grab it while it's still just two bucks.

[Download A Good Night's Sleep via iTunes \(\\$1.99\)](#)