



# Wind Down with Sleep Journeys

Falling asleep isn't always simple. Racing thoughts, late-night scrolling, and lingering stress can keep the body tired but the mind awake.

**Modern Health's Sleep Journeys are guided, story-based audio experiences** designed to help you wind down and transition into rest through:

- Soothing narratives that never rush
- Gentle breathing and relaxation exercises woven naturally into the story
- Soft, steady soundscapes that gradually fade into the background

Each Journey is crafted to help quiet mental "noise" at bedtime and create conditions that support relaxation and sleep.

## Featured Sleep Journeys

### [Beach Camping in the Rain](#)

A crackling campfire, calming ocean tide, and gentle rain create a steady, grounding backdrop for sleep.

### [Walking the Appalachian Trail](#)

A peaceful walk through the forest leads to a secluded waterfall, with guided relaxation that gradually softens toward sleep.



## How to get started

- Open the **Modern Health app** or web experience
- Navigate to **Explore** and select the Sleep Journeys collection
- Choose a **Journey**, get comfortable, and let the story carry you away from the day's concerns