

## Turn Out The Lights On Sleep Problems Using MobileSleepDoc

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MobileSleepDoc, LLC today announces MobileSleepDoc Pro 2.0, an update to the company's flagship app developed for iOS devices. Designed by board certified sleep specialist, Dr. Melissa Lim, MobileSleepDoc serves as a personal sleep coach that tracks your sleep habits and helps you better understand your sleep patterns and problems. Version 2.0 features a cosmetic makeover, expanded reporting capabilities, new reward points program, new soundscapes, FitBit synchronization and much more.

Redwood City, California - MobileSleepDoc, LLC today is proud to announced the release of MobileSleepDoc Pro 2.0, an update to the company's flagship app developed for iOS devices. MobileSleepDoc is the first sleep app based on medical evidence and designed by board certified sleep specialist, CEO/founder of MobileSleepDoc, Dr. Melissa Lim.

"A while ago, it occurred to me that the number of people with sleep problems is disproportionate to the number of certified sleep specialists available to treat them. I designed this app to give users and medical professionals a starting point to start talking about sleep problems without having to go through the formality and expense of a formal sleep study," said Lim. "Patients shouldn't be the last to know they have a sleep related problem, doctors don't need to make getting a good night's sleep such a mystery! Actively engaging and empowering patients to participate in their own health care makes them healthier. In addition, MobileSleepDoc can be used by medical professionals in the quick evaluation of a patient, as well as in initiating a suitable treatment option."

Version 2.0 of MobileSleepDoc app has expanded reporting capabilities and a new reward points program, which users can redeem for access to animal dream totems (which they can place on their virtual nightstand) or soundscapes that have been composed exclusively for MSD users by San Francisco Bay Area musicians. MSD v2.0 also syncs with the FitBit(TM), allowing a single point of sleep data entry that tracks sleep efficiency, times woken up throughout the night, hours slept and more. Finally, the app has been given a cosmetic makeover, intended to help ease the challenge of addressing a sleep problem by making the app easy to use, beautiful and fun.

The technology of MobileSleepDoc is based on two behavioral techniques that work effectively to help people sleep better: Stimulus Control Therapy and Sleep Restriction Therapy ask users to impose specific guardrails around their sleep habits that are designed to control the sleeping environment and increase pressure to sleep at bedtime. In addition to addressing insomnia, MobileSleepDoc can help provide users with clues/information about their sleep patterns which might point to a diagnosis of obstructive sleep apnea (OSA), which the patient can present to their doctor when requesting a formal sleep study. The app also will tell the user where the five closest sleep centers are where they can receive diagnostic testing.

### Device Requirements:

- \* iPhone, iPad, and iPod touch
- \* Requires iOS 7.0 or later
- \* 45.2 MB

### Pricing and Availability:

MobileSleepDoc Pro 2.0 is only \$0.99 USD (or equivalent amount in other currencies) and available worldwide exclusively through the App Store in the Medical category.

### MobileSleepDoc Pro 2.0:

<http://mobilesleepdoc.com>

prMac: Publish Once, Broadcast the World :: <http://prmac.com>

Purchase and Download:

<https://itunes.apple.com/app/mobilesleepdoc-pro/id627987759>

About Dr. Melissa Lim:

<http://www.redwoodpulmonary.net/MeetOurProviders/tabid/19449/Default.aspx>

Screenshot 1:

<http://a4.mzstatic.com/us/r30/Purple3/v4/1a/18/5e/1a185ef7-7205-8f51-08d7-eb6562e4deb3/screen568x568.jpeg>

Screenshot 2:

<http://a4.mzstatic.com/us/r30/Purple1/v4/31/8b/90/318b9064-a8bb-ed5c-0c1c-56698f215dc5/screen568x568.jpeg>

Screenshot 3:

<http://a1.mzstatic.com/us/r30/Purple1/v4/6d/20/7a/6d207a5f-91fa-7d1e-d70a-2fe0c689b020/screen568x568.jpeg>

MobileSleepDoc is a California based company whose primary app is designed to help diagnose and correct sleep problems such as sleep apnea and insomnia. Dr. Melissa Lim is the Medical Director and founder of Redwood Pulmonary Medical Associates in Redwood, CA. Dr. Lim is board certified in internal medicine, pulmonary diseases and sleep medicine. Sound sleep is intrinsically tied to good performance in the waking world and MobileSleepDoc helps you get the rest you need to be at your best, daily. Copyright (C) Dr. Melissa Lim and MobileSleepDoc, LLC / 2014 All Rights Reserved. Apple, the Apple logo, iPhone, iPod and iPad are registered trademarks of Apple Inc. in the U.S. and/or other countries. Google and Google Play are registered trademarks of Google, Inc. in the U.S. and/or other countries.

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