

BreatheFree

Rest Deep | Live Light | Breathe Free

Free Sleep Resources

Practical, no-cost apps to help staff quit smoking, manage cravings, and track progress.

quitSTART (smokefree.gov)

Personalized quit tips, craving support, mood tracking, and daily challenges. Built by the National Cancer Institute and backed by clinical research.

Download: smokefree.gov/tools-tips/apps/quitstart

Smoke Free

Track health milestones, log cravings, see money saved in real time, and complete daily missions. One of the highest-rated quit-smoking apps available.

Download: smokefreeapp.com

QuitNow

WHO-based health progress tracking with milestone celebrations and a supportive community of people quitting alongside you.

Download: quitnow.app

Kwit

Gamified progress tracking with motivational cards and milestone rewards. Makes quitting feel like leveling up — one smoke-free day at a time.

Download: kwit.app

EasyQuit

Craving timer, money saved tracker, achievement badges, and a gradual-reduction mode for those not ready to quit cold turkey.

Download: easyquitapp.com

Quit Tracker

Simple craving log, progress stats, and visual health improvement tracker. Clean, easy to use, and available free on Android.

Download: [Google play Store](https://play.google.com/store/apps/details?id=com.quittracker)

Quit It Lite

Track cigarettes avoided, money saved, and days smoke-free. A clean, focused experience designed for iPhone users who want simple, effective tools.

Download: [Apple app store](https://apple.com/app)

Butt Out

Community posts, progress tracking, and motivational tools to stay accountable with others on the same journey. Because quitting is easier together.

Download: [Google Play Store](https://play.google.com/store/apps/details?id=com.buttout)

Small steps. Real support. Better days.