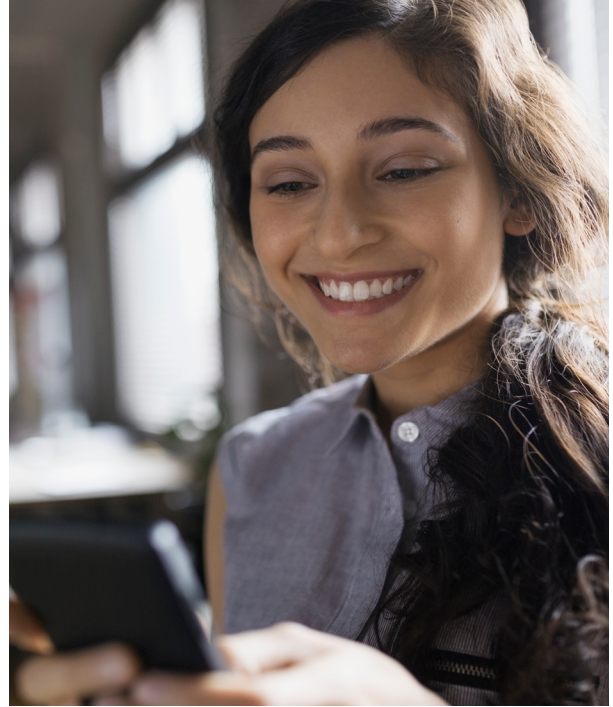


It's estimated that 36 percent of people living in the United States have a fear of dental treatment and going to the dentist.¹ This fear can make people avoid the dentist at all costs and delay scheduling routine care or necessary dental procedures.

The good news is if you find yourself avoiding dental care because of fear or anxiety, help may be in the palm of your hand! Your smartphone, tablets, and other smart devices are great tools when it comes to using apps that are meant to help calm your mind and reduce anxious thoughts or feelings.

Try one or all of the recommendations below at your next appointment—they might be the key to a comfortable dental checkup!



Meditation apps help control your thoughts

Apps like [Headspace](#) or [Calm](#), from the folks behind [Calm.com](#), are designed to help you in several ways. Many have features that help you learn to meditate and control your thoughts, learn focused body movements, and enhance the quality of your sleep.



Relaxation apps offer anxiety management

Like the meditation apps above, there are numerous relaxation-inducing [mobile apps](#) that allow you to self-help for anxiety management. Some provide white noise and calming sounds to settle your mind, while others suggest self-hypnosis or acupressure techniques to help you relax.



Audio apps help put your mind at ease

If music, podcasts, or audiobooks are your thing, make sure you bring your favorite headphones to your appointment so you can maintain your Zen from the dentist's chair. Podcasts are great for keeping your mind focused, and you can double the impact by listening to [shows](#) that tackle mental health maintenance.

Audiobooks let you enjoy your stories on the go, and they're available from many retailers like [Apple](#) or [Audible](#). If you just want some mindless music to enjoy, services like [Spotify](#) have stress-specific playlists available. Or just load up your music apps with your favorite songs.



Video apps

If you're more easily distracted by the flashing lights and moving pictures on your smaller and more portable version of the silver screen, download [Netflix](#), [Amazon Prime Video](#), [Hulu](#), or even fire up [YouTube](#) and find something to take your mind off of your dental anxiety. There are so many options to choose from, you might forget why you were stressed in the first place.

If you are unable to watch a movie or show during dental treatment, try and take some time before your appointment to watch your favorite part. In some cases, dental offices have TVs with video apps installed above the patient's chair. If this is the case for you, be sure to take advantage of it!

Don't let fear of the dentist stop you from having good oral health

Getting to the dentist's office may seem impossible if you have fear and anxiety; however, it's important to visit [twice a year](#) to maintain your oral health. Technology such as apps that are meant to calm, relax, and distract you are great tools for relieving stress and anxiety. Try one or all of the recommendations above at your next appointment. They might be the key to a more comfortable dental check-up!

Source:

<https://www.deltadentalct.com/blog/entry/2023/calming-apps-for-anxiety>

¹<https://my.clevelandclinic.org/health/diseases/22594-dentophobia-fear-of-dentists>