



(Continued from page 82)

(SiriusXM), Spotify, Pandora (Pandora Media), and conventional radio. Volume can also be controlled if desired in different rooms and different zones of my house.

Also for my home, I use the Honeywell Total Connect app (bit.ly/1P5iGar; Honeywell) to control the thermostat and the Digital Watchdog app (digital-watchdog.com) for remote observation with the video cameras inside and outside my house.

For finances, I like the ETrade app (etrade.com). I can monitor my stock portfolio, make trades, and follow the stock market in real time on the go. I find it much more functional than sitting down in front of a computer to access the stock market activity and to execute transactions.



WILLIAM F. WILEY, MD

Since college, I have had trouble waking up easily and have hit my snooze button multiple times. This habit may be OK for people who live alone, but with my early waking schedule, multiple snooze alarms put stress on my marriage. The Sleep Cycle app (sleepcycle.com; Northcube) creates an intelligent alarm clock that analyzes my sleep. It wakes me up in the lightest phase of sleep, which ultimately allows me to create better sleeping patterns and wake feeling more refreshed. Sleep Cycle has helped train me to wake more regularly and naturally and not rely on the snooze button. Plus, the app has some cool features. It can track things like coffee intake and determine how caffeine affects sleep patterns. The weather and exercise activities can also be monitored as variables that affect sleep patterns.

Another must-have app is DocuSign (docusign.com), which is a simple and secure way to electronically sign documents and/or collect signatures from others. With smartphones and an on-the-go lifestyle, it can be challenging to

receive, print, sign, fax, and/or email documents in a safe, reliable, and efficient manner. From my experience with the app, DocuSign seamlessly integrates with digital documents for simple signing and emailing. Before using this app, documents would often become buried in my inbox and go unsigned. Now, within minutes, I can safely email a signed copy of a document. DocuSign will pay for itself easily after you “ink” a consulting agreement or protect one of your prized ideas through a quickly signed nondisclosure agreement. ■

Damien Goldberg, MD

- in private practice at Wolstan & Goldberg Eye Associates, Torrance, California
- (310) 543-2611; goldbed@hotmail.com
- financial interest: none acknowledged

Audrey Talley Rostov, MD

- partner, Northwest Eye Surgeons, Seattle
- SightLife global partner
- (206) 528-6000; atalleyrostov@nweyes.com
- financial interest: none acknowledged

Robert J. Weinstock, MD

- director of cataract and refractive surgery, Eye Institute of West Florida, Largo, Florida
- rjweinstock@yahoo.com; Twitter @EyeInstituteWFI
- financial interest: none acknowledged

William F. Wiley, MD

- private practice at the Cleveland Eye Clinic, Cleveland, Ohio
- (440) 526-1974
- financial interest: none acknowledged