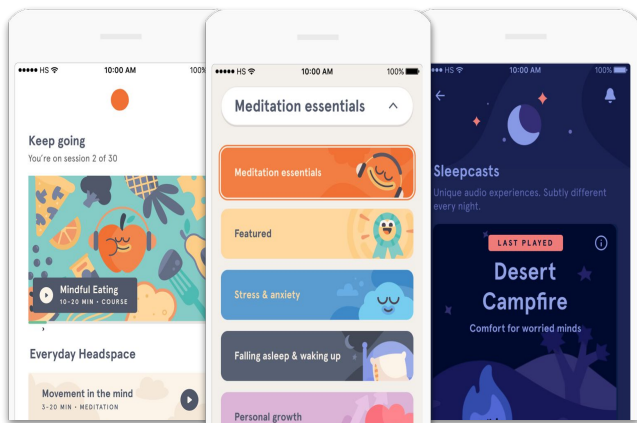


Headspace: Mindfulness and Sleep

Introduction

Headspace has been used by 54+ million people worldwide, has a 5-star App Store rating across 550,000+ reviews and is the exclusive meditation and mindfulness provider for the American Medical Association.

With 22 published studies, Headspace is the most science-backed mental wellbeing product on the market. **Published research shows Headspace helps reduce stress and burnout while boosting happiness, compassion, resilience and satisfaction with life.**



- 32%** less **STRESS** in 30 days
- 14%** less **BURNOUT** in 4 sessions
- 22%** more **FOCUS** after one 15-minute session
- 23%** higher **COMPASSION** in 3 weeks
- 31%** decrease in **ANXIETY** symptoms in 8 weeks
- 46%** reduction in **DEPRESSION** symptoms in 8 weeks
- 16%** increase in **HAPPINESS** in 10 days

Our study partners include:



Stanford



The Headspace App

Headspace is your guide to health and happiness. Learn to relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life in just a few minutes a day. Plus, Sleep by Headspace helps you create the ideal conditions for a good night's rest.



Stress & Anxiety

Anxiety
Stress
Anger
Change
Panic
Burnout



Work & Productivity

Focus
Prioritization
Creativity
Balance
Productivity
Conflict
Presentations



Personal Growth

Relationships
Self-esteem
Kindness
Happiness
Appreciation
Patience
Grief



Physical Health

Mindful eating
Cravings
Pain
Cancer
Pregnancy



Movement & Sport

Mindful walks
Running
Motivation
Concentration
Training
Communication



Sleep

Sleepcasts
Sleep music
Wind downs
Sleep courses
Soundscapes
Sleep SOS



Kids

Calm
Cool Off
Sleep
Appreciation
Paying attention
Balance