

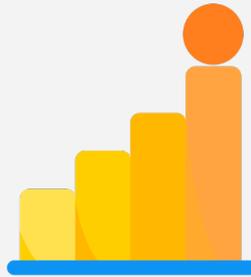
# Headspace: Mindfulness for everyday life

Stress less. Move more. Sleep soundly.



## Learn a mindful approach

Explore 1000+ hours of guided exercises, videos, and more to help healthier and happier.



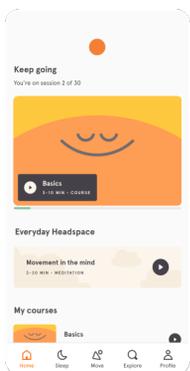
## Headspace loves science

Join 10 days of Headspace can increase happiness by 16%



## Join over 60 million

Connect with friends and over 60 million people benefiting from mindfulness.



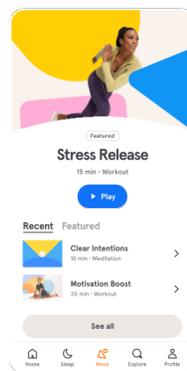
## Meditation

Learn to manage feelings and thoughts with the lifelong skill of everyday mindfulness, any time of day.



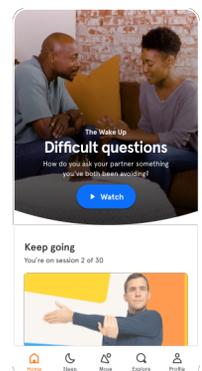
## Sleep

From waking up in the night to switching off after a long day, create the conditions for restful sleep.



## Move

Train your body and your mind at the same with exercises to strengthen your mental and physical well-being.



## The Wake Up

Inspiring stories and mini-meditations delivered daily to help you start your morning right.