

Find a happier, healthier you with Headspace

It's meditation made simple:
your personal guide to
mindfulness and a restful
night's sleep – and
employees get it for free.

Sign up and get:

Expert guidance from former monk
Andy Puddicombe, teaching you
the fundamentals of meditation
and mindfulness

Themed exercises on everything
from stress to sleep to self-esteem

A new meditation every 24 hours
with Everyday Headspace

A growing collection of sleep sounds and
bedtime exercises to help you drift off



30 days of Headspace

lowers stress by 32%, and just 4 sessions reduce burnout by 14%

4 weeks of Headspace

can increase focus by 14%, and just a single session cuts mind-wandering by 22%

3 weeks of Headspace

resulted in 21% more compassionate behavior and cut aggression and reactivity to negative feedback by 57%

Ready to get some Headspace?

To sign up for free, head to

Need more support?

Send an email to teamsupport@headspace.com

