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Reasons scientists say you should meditate*

More than 2,000 scientific studies support the positive effects of meditation, and it only takes 10 days to start experiencing the benefits.

Sleep Soundly

In a study of 30 insomniacs at Stanford, mindfulness helped them to get to sleep twice as quickly as before.

Keep Cool

Mindfulness increases patience and rationality, and just 3 weeks of Headspace resulted in a 57% decrease in aggression.

Feel Satisfied

One study showed that mindfulness increased life satisfaction, while decreasing depression and anxiety in college students.

Empathize More

In a Northeastern University study, Headspace users were 3.3X more likely to respond compassionately toward a stranger.

Cope Better

After a 7-week mindfulness course, medical students showed improved coping skills, which were sustained at a 6-year follow-up.

Stress Less

10 days of Headspace resulted in a 14% decrease in stress. Meditation is even shown to have a longer-lasting effect on stress than a vacation.

Pay Attention

In a study with new meditators, just one 10-minute meditation resulted in increased attention.

Focus More

Just 4 weeks of Headspace resulted in a 14% increase in focus, strongly aligned with productivity.

*Headspace was only used in studies where indicated. Headspace is not intended to diagnose, treat, cure, or prevent any disease or medical condition, or to improve performance in school or results on academic tests.