

Focus More

Just 4 weeks of Headspace resulted in a 14% increase in focus. Productivity is strongly aligned with improved focus and decreased distraction.



Stress Less

10 days of Headspace resulted in a 14% decrease in stress. Plus, a Harvard study showed that meditation can even have a longer-lasting effect on reducing stress levels than a vacation.



Sleep Better

In a study of 30 insomniacs at Stanford, mindfulness helped them to get to sleep twice as quickly as before. In fact, by the end of the study, 60% no longer even qualified as insomniacs.

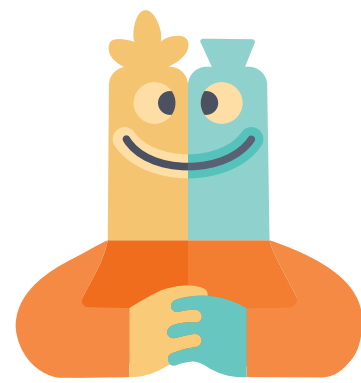


Cope Better

An internal review at Transport for London found that after workers completed a mindfulness course, there was a 70% drop in days of absence for stress, anxiety, and depression.

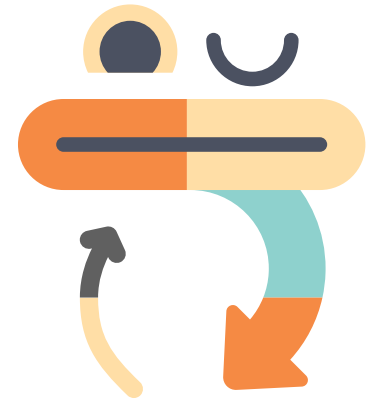
Feel Satisfied

Based on Headspace research, mindfulness helps foster enhanced job satisfaction. Higher job satisfaction can lead to better relationships with coworkers, lower stress, and positivity.



Keep Cool

Mindfulness enhances patience and rationality, which help balance emotional response to provocation. Just 3 weeks of Headspace resulted in a 57% decrease in aggression.



Empathize More

Meditators perform well in empathy studies. At Northeastern University, researchers found that Headspace users were 3.3x more likely to respond compassionately toward a stranger.



Get Creative

In 2012, a study in Israel showed that meditators were less inhibited by "cognitive rigidity." In other words, they were more open to completely new solutions to problems.

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Reasons scientists say you should meditate.

More than 2000 scientific studies support the positive effects of meditation. It only takes ten days to start experiencing the benefits.