



Headspace



Description

This app helps you to manage daily anxiety, improve mental health & wellness, and be kind to your mind with Headspace. Headspace is everyday mindfulness and meditation, so you can make mindfulness a daily habit.

Platform / OS

Android, iOS



<https://apps.apple.com/us/app/headspace-sleep-meditation/id493145008>

<https://play.google.com/store/apps/details?id=com.getsomeheadspace.android&hl=en&gl=US>

Target Group

Individuals wanting to do mindfulness

App Type

Health Apps for Physical Activity

Link

<https://www.headspace.com/>

How to use the app

<https://youtu.be/5LMRrYqAAZI>

Keywords

Meditation, Mindfulness, Sleep

Supported Languages

- English
- French
- German

- Portuguese
- Spanish

Country

- Worldwide

Type of Subscription

- Free
- In-App Purchase

Author / Programmer

Headspace

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