

# Meditation Apps

## Calm

### *Basic Information*

- 7-day free access
- Guided meditations, some with several videos (around 10 minutes each) for daily meditation
- Subjects include “how to meditate”, “train your mind”, “7 days of focus”, “the confidence series”
- Access to sleep stories and sleep music

### *Access and Pricing*

- Free version gives access to limited amount of free meditations, typically only the first day of a multiday meditation. Full access to sleep music with a wide range of choices
- Premium version: new Daily Calm every day, access to all guided meditations, sleep stories, and music. Includes Calm Masterclasses, which detail the “science of” stressors like anxiety and addiction
- Price: \$14.99/month, \$69.99/year, \$399.99/lifetime

## Headspace

### *Basic Information*

- Have access to meditation/mindfulness videos, set up as structured and sequential classes
- App has “today’s headspace” where you can select a meditation from 5-20 minutes
- Guided multipart meditation series that range from a few minutes to 20+ minutes each
- Recommended courses (e.g. Walking at Home) with adjustable audio lengths
- Stories and calming music to aid in sleep
- Guided exercises if people panic in the middle of the night
- Motivational audio for guided workouts or mindful exercising

### *Access and Pricing*

- The content is very limited in the free version—only access to the first of several videos in a series (including the meditation basics)
- Headspace Plus: Access to all content, new mindfulness content daily. Move mode for mind and body fitness
- Price for students: headspace is \$9.99 annually
- Headspace Plus is [free for healthcare professionals working in public health settings through 2020](#), and [free for AMA members](#)
- Regular price: \$69.99 annually (\$5.99/month) 14 days free, \$12.99 monthly with 7 days free

## Insight Timer

### *Basic information*

- 45,000 free guided meditations tailored to specific subjects
- Meditations roughly 5-15 minutes each, some are several day courses around themes
- Not required, but option to make an account in order to save content and track progress
- Can have saved/bookmarked meditations and courses

### *Access and Pricing*

- This app has the most access to free meditation, including all the videos/content
- Member's Plus: Access to other courses (multiday, either 10- or 30-day courses). Allows for the ability to download offline
- [Price](#): \$59.99/year or \$9.99/month

## Breeth

### *Basic Information*

- Audio features guided meditation, calming activities, and music and sounds based on the goals chosen
- Some single audio about a subject, some have multiple day meditation series
- Has "hypnotherapy" – audio to put you in hypnosis for meditation
- "Day & Night" tab to give you meditations and music based on the time of day
- Can save preferences and progress by making an account

### *Access and Pricing*

- Access to the two or three free guided meditations in each goal section, also access to the first audio of a series. All COVID-19 related content is free/unlocked right now
- Membership: Over 1000 tracks and new weekly content, includes guided meditation, music
- [Price](#): \$12.99/month

## Buddhify

### *Basic Information*

- App costs money (one-time purchase) to download
- Select "what is happening" choices (like going to sleep, traveling) to access meditation sessions
- They have meditations that focus on mobile, "to-go" meditation for people who struggle to fit meditation into their schedule
- Over 200 meditation sessions from 4 minutes to 30 minutes

### *Access and Pricing*

- 1-time purchase so no subscription necessary
- Price: [iOS download](#) \$4.99, [Android download](#) \$2.99
- Also have \$30/year [membership](#) with new features like formal meditation skills, karaoke-style meditation, and video courses