

Meditation Apps

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 may be [free for AMA members](#)
- [Regular price](#): \$69.99 annually (\$5.99/month) 14 days free, \$12.99 monthly with 7 days free

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

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 \(for extra features\)](#): \$59.99/year or \$9.99/month

10% Happier

Basic Information

- 350+ guided meditations including a daily meditation and meditations for sleep
- Daily "bite-sized inspiration" videos from meditation teachers about the practice of mindfulness
- Membership includes access to personal mindfulness coaching

Access and Pricing

- Free download and 7-day free trial
- Price: [iOS download](#) \$4.99, [Android download](#) \$2.99

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