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Medical Reviews by Marnie A. White, PhD, Multiple Sclerosis — Written by Jessica Timmons on September 23, 2020Cost How Do They Work Meditation Benefits? How to chooseTakeawayMeditation can be a simple path to feelings of calm, balance, and peace, among other things. While meditation methods vary, there is really no right or wrong way to meditate. The general idea is to practice mindfulness by finding awareness - something from which we can all benefit. If you're ready to get started, a meditation app can be a useful guide. But with so many options, how do you know which app is best for you? To help you decide, we compared two popular meditation apps, Headspace and Calm, to see how they stack up. Both apps are free to download, with free trials and limited features for free. If you want to upgrade to get full access, you'll need to pay an annual or monthly fee. Calm If you choose to sign up for a 7-day trial, you'll automatically sign up for Calm Premium, which costs \$69.99 a year or \$14.99 a month. You can cancel until one day before your trial is over to avoid a life. Calm also offers lifetime membership for \$399.99.HeadspaceYou can upgrade Headspace Plus for \$12.99 per month with a free 7-day trial, or get 14 days free with an annual subscription for \$69.99. There are also student and family programs. Calm and Headspace can be customized to your intentions, and optional push notifications offer subtle reminders to stay the course with your daily practice. You'll also find meditation methods tailored only for children in both apps. CalmCalm makes it easy to create a daily practice and make it relevant to what you need on a given day. When you launch the app, you can choose from several different options. Daily calm. These 10-minute guided meditations are associated with various aspects of mindfulness, like anxiety, stress, and sleep, and serve as a great way to develop regular practice. Fast and easy. This section offers a handful of short meditations, with options to soothe anxiety or anger, increase awareness, or deepen concentration. Mental fitness. This section offers various series on Mindfulness. One option is led by basketball champion LeBron James. Another, called How to Meditate, is a simple 30-day program to start your practice. Sleep stories. These soothing bedtime stories for adults include some celeb hairdressers like Matthew McConagli and Harry Styles. If you prefer to drift to music, check out Sleep Music. Relaxed master class. These audio programs are led by world-renowned Mindfulness experts. With a beautiful interface with relaxing and inspiring landscape images, the app is smart to customize your dashboard with a scene that speaks to you. Plus, Calm is easy and intuitive to navigate - you'll have no problem finding what you need. Headspace With fun and cheerful animations, Headspace has a completely different aesthetic from Calm. But like Calm, the Headspace app is visually appealing and easy to navigate. If you're new to meditation, Basics course is a great starting place. It is designed to teach the basics of meditation within minutes of the day. When you build your practice, everyday Headspace meditation — short, guided, daily meditation — is front and center on the home screen. Here's what else you'll find: theme meditations. Headspace offers hundreds of guided meditations covering things like passions, finding focus, dealing with regret and difficult conversations, and even creative writing. You can access these as single meditations or courses from a group. SOS area. This section offers meditations to help you manage intense experiences. Choose guided or un guided meditation based on the time you have, or browse tips and techniques to deepen your practice. Mindfulness training. These focus on intent, awareness, stress relief and more. Performance mindset meditations for mental fitness are inspired by NBA and WNBA players. Sleeping area. Browse sleepers (every day telling stories in a variety of unsalted voices), meditation and breathing techniques to relax and prepare for sleep, or guided exercises if you find yourself waking up at night. Sleep music, sounds, and sleep radio — nonstop, 8 hours of sleep audio jumble — are also possibilities. Feeling calmer is a good thing — but the benefits of meditation are beyond state of mind. In addition to developing greater awareness and focus, regular meditation practice can improve mood, outlook, self-discipline, and sleep patterns. A 2011 study found that it can even increase pain tolerance. A 2014 review of clinical trials also linked meditation to decreased stress and symptoms associated with stress-triggered medical diseases like IBS. A greater attention span is another benefit of meditation, and it is one that develops rapidly. In one study, participants showed increased attention span after just 4 days of practicing meditation. Finally, many people turn to meditation to improve the quality of their sleep. By helping you relax physically, meditation can release stress so it's easier to also fall asleep and stay older. Both apps have a lot of happy users. The Calm app on iOS has 1 million reviews with an overall rating of 4.8, while Headspace has nearly 700,000 reviews and a 4.9 rating.And beyond this anecdotal evidence, scientific research supports the effectiveness of both apps. Several studies published by Headspace have found that the app benefits mental, emotional and social health. A 2018 study found a 14 percent to 28 percent decrease in stress after 10 days of headspace use, while previous research showed the app improved focus by 27 percent. The Calm app has been the focus of some studies as well. A 2019 study of students found that regular use of the app reduced stress and increased mindfulness. A new study on university students also found that using the Calm app increases, even when used randomly. Calm and Headspace are both designed to help Live better by emphasizing less, sleeping more, and improving your general outlook on life. Both apps help you learn all the entanglements and expenses of meditation, offering guided practices based on different topics and feature tools designed to improve the quality of your sleep. Headspace includes enjoyed illustrations and well-constructed courses, making it a good option for those new to meditation. Some of the guided meditations on Calm are a little looser - ideal if you have some meditation experience and are looking to deepen your practice. Walking meditations and a stronger fitness facilitator on Headspace make it well suited for people who have difficulty sitting down and concentrating their minds. But because both apps are carefully created and easy to navigate, the choice between the two apps largely comes down to personal preference. Learning simple techniques to soothe your body and mind has many benefits, and the right app makes it easy to build daily meditation practice. Calm and Headspace are two great apps with different paths to the same purpose. Last medically tested on September 23, 2020 meditation promotes inner peace and helps connect the mind and body. Science is still studying the physiological and psychological effects of meditation. But some studies suggest that practicing meditation may be beneficial for a variety of conditions ranging from insomnia and high blood pressure to anxiety and lower back pain. Check out the meditation video featuring NBA star Chris Paul at the end of this article. You can sit down now and try meditation, but it usually takes training and practice to gain the benefits. Fortunately, many mobile apps are available to support your meditation practice, or even help you learn to relax in an instant. Here are brief descriptions of 14 of the most popular relaxation and meditation apps for Android and iPhone (iOS). About the list: Star ratings 1-5 are based on user reviews. We rounded them to the nearest half-planet. When free accompanied by an asterisk means premium features, subscriptions or other upgrades are available for purchase. The apps aren't rated in any way, but check out the list below if you're looking for something specific. Looking for something specific? Try: Guided Meditations and Beginner Meditation Training: 1 (Just Be), 2 (Omvana), 5 (Insight Timer), 7 (buddhify), 8 (stop breathing and think), 10 (calm) meditation timers with or without soundtrack: 3 (WhiteNoise), 4 (Equanimity, Bodhi Timer),5 (Insight Timer) Apps for Rest and Centered, Not Necessarily Meditation: 11 (Gratitude Diary, Approaches to Gratitude), 12 (SimpleMind+, SharpMindMap), 13 (My Mood Tracker T2 Mood Tracker) , 14 (Breathe2Relax) apps that focus on neuroscience instead of spirituality for those of a skeptical nature: 6 (meditation for nervous skeptics), 9 (Headspace) leading meditation apps for Android and iPhone Survey 1. Just Be iOS: \$1.99, Rating: 4.5 stars | Android: \$1.99, Rating: 4.5 stars just be is An affordable app that includes voice-driven meditations as well as soothing sounds of nature. Unlike some of the more left-ate meditation apps, there's not much choice in meditation or voices. But the app's relative simplicity can be a virtue: more elaborate apps can be overwhelming and even distracting. 2. Omvana iOS: Free\*, Rating: 4.5 stars | Android: Free, rating: 4.5 stars Omvana offers a wider range of guided and music-only options like iTunes's meditations. It claims to be the largest library of guided meditations and self-hypnosis tracks online. Some routes are available free of charge, but most routes cost a few dollars each. It's worth noting the self-hypnosis pathways, which claim to help you lose weight, find love, or acquire wealth, are not based on neuroscience and are of questionable value. 3. WhiteNoise iOS: Free, Rating: 5.0 stars | Android: Free, rating: 4.5 stars As its name suggests, this app uses white noise to mask distracting sounds during meditation to promote relaxation. You can also use WhiteNoise to help with sleep. It comes with 40 pre-recorded white noise sounds, such as falling rain, bubbling brook or ocean waves. You can loop these samples, or even mix them together to create your own conditioner sounds. Furthermore, you can record and coop up your favorite sounds. There are no guided meditations here. 4. Equanimity iOS: \$4.99, Rating: 4.0 stars This app can be your favorite if you are a meditator based looking for a timer you can customize. No guided meditations, no music or sounds of nature. Equanimity allows you to set up gongs, bells or inconspicuous bells to ping the end of your meeting. The elegant work also shows you how much time is left in your meditation without distracting you. Also included is a meditation diary and a way to register meditations so that you can follow and monitor your practice. A similar option for Android is Bodhi Ymer. 5. iOS Insight Timer: Free\*, Rating: 5.0 stars | Android: Free\*, Rating: 4.5 stars To maximize your options, Insight Timer is a popular choice. It features 3,000 free guided meditations, as well as several hundred free music tracks to play while you meditate. You can also use a variety of their options, such as those found in Equanimity and Bodhi Timer. It has plenty of free content, including guided meditations for sleep, although there are upgrades that require purchase. If you don't appreciate music or voice guidance, this app is likely to be excessive for you. 6. Meditation for nervous doubters by 10% happier iOS: Free\*, Rating: 5.0 stars Here's a workout for meditation providers by another Dan Harris meditation. The content of this app is well established in neuroscience and omits the current spiritual components in many other applications. The free seven-lesson course teaches basics of meditation, with access to more advanced meditations and subscription courses of \$9.99 a month, or \$79.99 per year. Unfortunately, meditation for Fidgety skeptics is not yet available for Android. 7. iOS: \$4.99, Rating: 5.0 stars | Android: \$2.99, Rating: 4.5 stars first of all, although the name of this app has no apparent connection to Buddhist meditation. 11 hours of custom guided meditations for activities such as walking through the city, taking a break at work, waiting, and going to bed. These state-based meditations help make Buddha a match for a busy urban lifestyle. There are also meditations aimed at reducing anxiety and getting involved in pain. For a single, relatively low fee, buddhify offers many of the features of much more expensive meditation apps. Some users have mild blandness with this app, such as the fact that it is 300+ MB of storage and cannot be transferred to an SD card on Android devices. Some user reviews also mention the meditation guide talking faster than they prefer. 8. Stop, Breathe and Think iOS: Free\*, Rating: 4.0 stars | Android: Free\*, Rating: 4.5 star Stop, Breathe & Think combines a library of guided meditations with mood tracking features from apps such as My Mood Tracker (13). It's even a treasure offered meditations based on your mood. With its goal-oriented tracking focus, it's something like Fitbit Meditation. You can purchase additional guided meditations, or get full access to their library with a subscription of \$4.99 per month or \$41.99 per year. 9. Headspace iOS: Free\*, Rating: 5.0 stars | Android: Free\*, Rating: 4.5 stars As meditation for nervous doubters, Headspace teaches less spiritual, more science-based meditation techniques, starting with a free introductory course. You purchase a subscription to gain access to additional courses as well as guided meditations. Headspace includes mood tracking features as well, and you can download guided meditations for offline use. Headspace subscription is \$12.99 per month, or \$94.99 per annum. Lifetime membership costs \$399.99. 10. Relaxed iOS: Free\*, Rating: 5.0 stars | Android: Free\*, Rating: 5.0 Stars Calm combines rich features and a large library of guided meditations with a simple and clean interface. Guided meditations range from 3 to 25 minutes long, so you can always find a meditation to fit your schedule. Like other subscription-based apps, Calm provides a basic course in free meditation, with more advanced meditations requiring a subscription starting at \$9.99 a month. 11. The Journal of iOS Gratitude: \$3.99, Rating: 4.5 stars This is not a meditation app as such. Instead, this app makes it easy to take time off of each day to indicate what you are grateful for. You can customize your Journal to give it a clear look and feel, and even add pictures or audio to your Journal entries. Another feature is the ability to set reminders so you don't forget to take time off from your day to be grateful. An attractive alternative for Android is approaches to gratitude. 12. SimpleMind + iOS: Free, Rating: 4.5 stars It's not a meditation application, either, but it's useful if you find a brain dump useful to clear your mind Meditation. SimpleMind+ is a free brain mapping tool that helps you clear your head of clutter. The Android alternative, which is also free, is SharpMindMap. 13. iOS Tracking My Mood: \$9.99, Rating: 4.5 stars Here's another app that's not for meditation, but may help you center and find the peace you need. Tracking my mood encourages you to track and track yours mentally and emotionally. A reminder system asks you how you feel at different points of the day so you can track your mood over time. It can promote relaxation and satisfaction by helping you identify and reduce stresses. A free alternative for Android and iOS is the T2 Mood Tracker, which is highly customizable but a bit cumbersome. 14. Breathe2Relax iOS: Free, Rating: 4.5 stars | Android: Free, Rating: 4.0 stars Breathe2Relax by Telehealth National Center and Technology helps you relax and relieve stress through exercises such as diaphragmatic breathing, also known as abdominal breathing. It's totally free. Want more local health news, health tips, recipes and more? Subscribe to the Kaiser Permanente Washington newsletter. Newsletter.

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