

Meditation App Comparison

	Headspace	Calm	10% Happier	Insight Timer	Muse
Features They All Offer					
Beginner series	√	√	√	√	√
Stats and reminders	√	√	√	√	√
Link to Apple Health	√	√	√	√	√
Timed quiet mode	√	√	√	√	√
Sleep specific content	√	√	√	√	√
Share codes	√	√	√	√	√
Key Differences					
Free content	10 days	7 days + intros	2 days + intros	Tons!	N/A
Social			Personal coach	Who's meditating now, Insight groups	
Video	Animations, Andy teaching	Masterclasses	Daily video + meditation		
Music		Yes - some free		Yes free; +2.99/mo to customize with your own music	
Download content for offline use	Yes - multiple days	Yes - one day at a time	No	Yes for \$2.99/mo	Yes if acct already established
Cost	"10 for 10" free trial	7 day premium free trial	7 day premium free trial	1 add'l mode 2.99/mo	Headband 249.00
	12.99/mo	12.99/mo	14.99/mo	2 add'l modes 4.99/mo	Case 39.99
	95.88/yr (7.99/mo)	59.99/yr (4.99/mo)	99.99/yr (8.33/mo)	all 3 modes 6.99/mo	Bundle for 269.98
	399.99 lifetime	299.99 lifetime		Courses Rent 6.99 or Buy 19.99	
Unique feature	Animations	Sleep Stories	Personal coach	Most free content, largest user base	Real-time feedback
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