

# Put your mind to rest

A good night's rest supports our health, helps the immune system, and strengthens our ability to focus. Stress and change can impact our sleep – put your mind and body in sleep mode with Headspace.



## Sleepcasts

Ever-changing storytelling in a range of soothing voices.



## Wind downs

Meditation and breathing exercises to prepare the mind for sleep.



## Nighttime SOS

Guided exercises for waking up in the night.



## Sleep Music

Drift off to sleep with these calming tracks.

### Sleep by Headspace

Choose the Sleep tab in your Headspace app