

Sample Meditation Apps

Disclaimer: These listings are provided as a convenience for our patients and their families. This list is not comprehensive; there are many other options. **Mass General Hospital (MGH) does not endorse any of the below applications.**

Below are some options to try, to see what may work for you. For more information, please contact the application companies directly. All applications below have ratings of four stars or higher on the Apple App Store as of this writing.

Buddhify: Meditation on the Go-Mindfulness in everyday life. Language: English.

Headspace: Meditation- Guided meditations and mindfulness techniques. Free introduction followed by subscription. There are student and family plan options. Language: English.

Calm- Meditation and sleep stories. Free introduction and paid subscription options. Languages: English, German, Spanish.

10% Happier: Meditation- Meditation and mindfulness for calm and sleep. Free introduction and paid subscription options. Language: English.

The Mindfulness App- Meditate- Guided meditation and mindfulness. Free introduction and paid subscription options. Languages: English, Danish, Dutch, Finnish, French, German, Italian, Japanese, Norwegian Bokmål, Portuguese, Simplified Chinese, Spanish, Swedish, and Traditional Chinese.

Intimind- Meditation and mindfulness. Seven free meditations, then paid subscription options. Languages: English and Spanish.

Insight Timer- Meditation App- Guided meditations and talks. Free introduction and paid subscription options. Languages: English, Dutch, French, German, Italian, Portuguese, Russian, Spanish.