

**Stress Reduction** Rate

60%

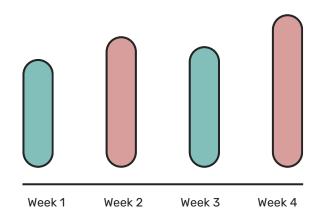


Website to Application Completion Rate for Daily user ratio Meditation Challenges

Average Stress Reduction

96% 92%

Weekly increase in meditation time



**Improved Sleep Quality** 

