

FocusMore

In a study amongst Human Resources personnel it was found that those who meditated were less fragmented in their approach to tasks. In other words less distracted.



SmokeLess

Mindfulness outperformed the American Lung Associations "Freedom from Smoking" program at producing abstinence in smokers.



SleepBetter

In a study of 30 insomniacs at Stanford, mindfulness helped them to get to sleep twice as quickly as before. In fact, by the end of the study, 60% no longer even qualified as insomniacs.



CopeBetter

An internal review at Transport for London found that after workers completed a mindfulness course there was a 70% drop in days of absence for stress, anxiety and depression.

WorryLess

A Stanford study found that meditation reduced the activity in the amygdala (the stress-triggering part of the brain) and increased activity in areas that regulate emotions.



EatLess

A collaboration between Indiana State and Duke University showed that mindful eating produced declines in depression and binges amongst a group of 150 binge-eaters.



EmpathiseMore

Meditators perform well in empathy studies. At Northeastern University researchers found that Headspace users were 3.3x more likely to respond compassionately towards a stranger.

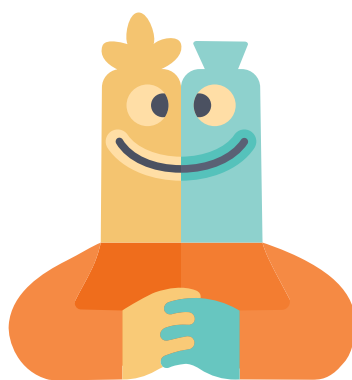


GetCreative

In 2012 a study in Israel showed that meditators were less inhibited by 'cognitive rigidity', in other words, they were more open to completely new solutions to problems. That has to be a good thing.

LoveBetter

A 2007 study by researchers at The University of Rochester revealed that couples who meditated had greater relationship satisfaction and better communication.



LiveLonger

A trial by researchers at UCL, funded by the British Heart Foundation, found that using Headspace reduced diastolic blood pressure after just 15 sessions.



10 Reasons scientists say you should meditate.