

Von: **Headspace** members@info.headspace.com  
Betreff: Sleep. You remember sleep.  
Datum: 25. März 2019 um 07:07  
An: unwanted@posteo.co



## Busy head at bedtime?



We've all been there: the lights go off, but the mind goes on ...  
and on. That's why we created Sleep by Headspace; it uses  
sound and visualization to help gently bring your mind to a place  
of rest. Sleep by Headspace is included with your subscription,  
so why not try it tonight?

CHECK IT OUT

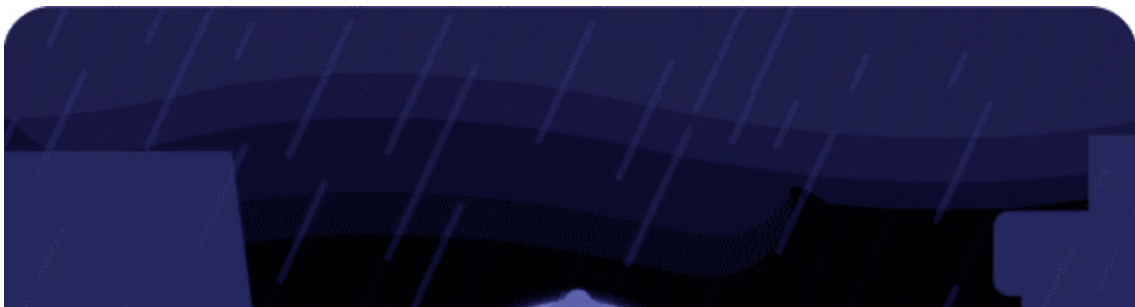




## Designed to soothe

We built Sleep by Headspace around the needs of restless sleepers. The screen is darker, and the buttons are easy to find (no one wants to look at a bright screen at night). It's perfect whether you have trouble getting off to sleep or waking up in the night.

[CHECK IT OUT](#)





## The sleepcast experience

In addition to a wealth of sleep sounds and classic sleep meditations, you'll find a special kind of audio experience called a sleepcast. Each one features a wind-down exercise, as well as a visualization of a soothing landscape that's subtly different every time you listen.

CHECK IT OUT

If you have any questions, please email us at [help@headspace.com](mailto:help@headspace.com) or visit our [FAQs](#). You can also chat with a real live human during our operating hours. They can answer questions about your account or help you with your meditation practice.



[Headspace](#) | [How it works](#) | [FAQs](#) | [T&Cs](#)

You have received this email as a registered user of [Headspace.com](#)

You can [unsubscribe](#) from these emails [here](#)

(Don't worry, we won't take it personally).

2415 Michigan Ave. | Santa Monica, CA 90404 | United States.

Company Number: 07094561

© Headspace, Inc.