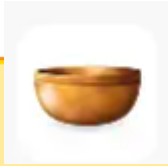


INSIGHT TIMER

Meditation and mindfulness for everyone

12+
Age Range



General Information & Features

- Daily guided meditation to relieve stress, anxiety and improve sleep
- A free version is available, as well as a premium subscription option with additional features
- Special section with meditations designed for children and teens, including a parenting tab for parents to use alongside of children
- Other features include music and yoga
- App includes workshops and retreats for additional costs
- Website: [Insight Timer — #1 Free Meditation App](#)

Categories

Mindfulness, Wellbeing, Anxiety, Depression, Insomnia

Patient Acuity/Journey

Mild to Moderate; Prior to care or during to augment care.

Clinical Interventions

None

Safety

Includes a SOS/Sign post for patient in crisis



Platforms

IOS, Android, web



Costs/Fees

Free option
Paid (Membership Plus
\$60 annually)



Sign-Up Details & Discount Codes

Info available in the
Formulary



Clinician Reviewer Access

N/A (app is free)

Patient Talking Points

- Repository of guided meditations for relieving stress, improving sleep and coping with challenges
- Good for all ages; includes a section for children and teens, with a parents tab to use with younger children
- Other features include music and yoga
- Book mark favorite sessions, creating your own library or create a playlist of your favorite songs
- No cost or adds for using the free version

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Article Title	Summary
O'Donnell, K.T., Dunbar, M. & Speelman, D.L. Effectiveness of using a meditation app in reducing anxiety and improving well-being during the COVID-19 pandemic: A structured summary of a study protocol for a randomized controlled trial. <i>Trials</i> 21, 1006 (2020).	<ul style="list-style-type: none">• Randomized controlled trial (n=80) evaluated whether using the <i>Insight Timer</i> meditation app for 10 minutes daily over 30 days could reduce anxiety and improve well-being during the COVID-19 pandemic.• Of the 80 participants enrolled, 69 completed the study (86% retention). Participants were U.S. adults not currently practicing meditation or receiving therapy.• Anxiety was assessed using the GAD-7; well-being was measured with the WHO-5. Surveys were administered pre-intervention, post-intervention, and at 2-month follow-up.• The intervention group showed statistically significant reductions in anxiety and improvements in well-being compared to the control group, supporting the clinical utility of app-based mindfulness interventions.
Cearns M, Clark SR. The Effects of Dose, Practice Habits, and Objects of Focus on Digital Meditation Effectiveness and Adherence: Longitudinal Study of 280,000 Digital Meditation Sessions Across 103 Countries. <i>J Med Internet Res</i>. 2023 Sep 19;25:e43358. doi: 10.2196/43358. PMID: 37725801; PMCID: PMC10548318.	<ul style="list-style-type: none">• Study Scope: Analyzed over 280,000 meditation sessions from users in 103 countries using a digital meditation app, with real-time mood tracking over 14 months.• Clinical Outcomes: Statistically significant improvements in mood, equanimity, and resilience were observed ($P < .001$), with benefits increasing alongside session frequency and duration.• Dose-Response Relationship: Optimal gains occurred with 21–30 minute sessions, practiced 4–7 days/week. Notably, mood recovery accelerated after ~20 sessions, and resilience improved with fewer sessions over time.• Adherence Insights: Early consistency (first 30 sessions) was the strongest predictor of long-term engagement, suggesting that habit formation is more critical than session length for sustained clinical benefit.