

Be kind to your mind

Mindfulness has been shown to help people stress less, increase focus, and sleep more soundly. Meditation helps you to be more mindful – and Headspace is your personal guide, with hundreds of meditations and exercises for sleep, focus, and movement.

Cradlepoint is excited to offer you access to Headspace, allowing you free access to the entire Headspace library.

Headspace loves science

Just 10 days of Headspace can increase happiness by 16%.

Join over 70 million

Connect with friends and over 70 million people who have downloaded the app.

Meditation

Guided meditations on topics like stress, self-esteem, and relationships, plus meditations for kids

Sleep

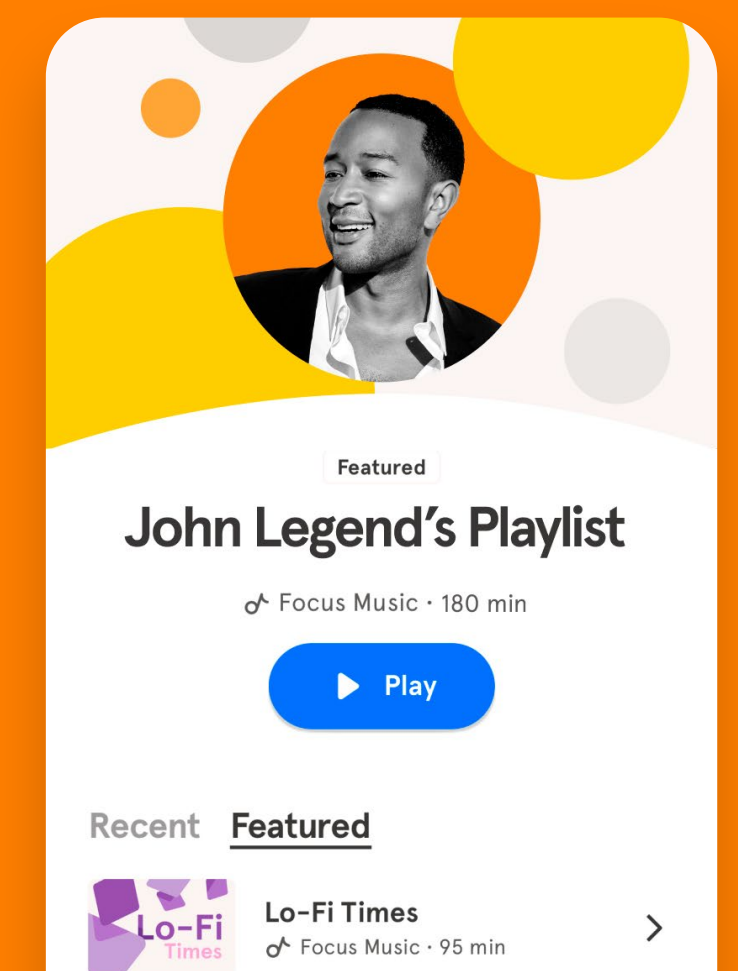
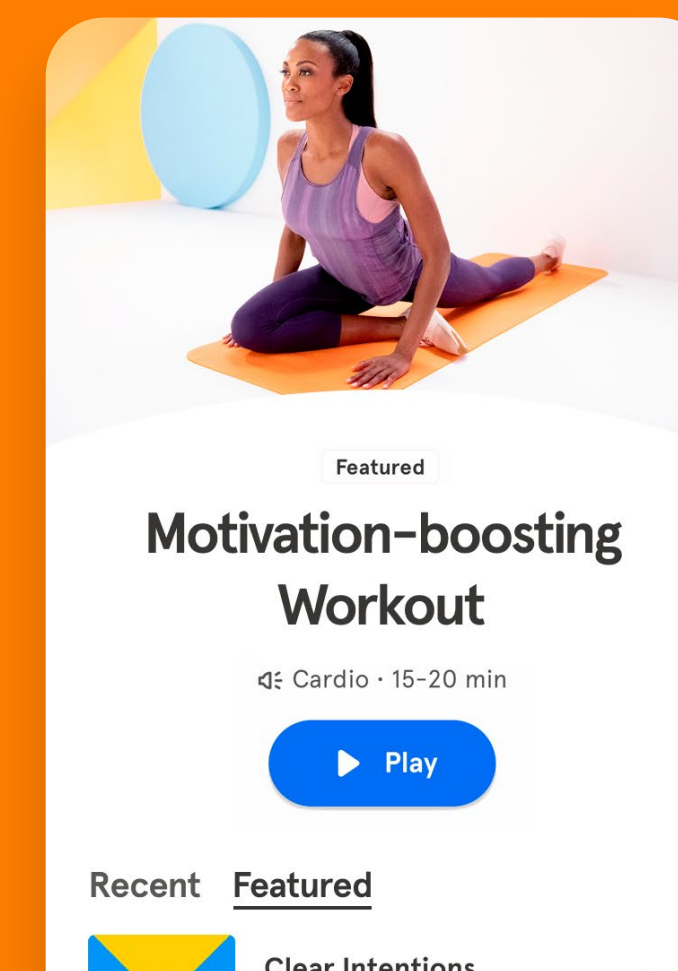
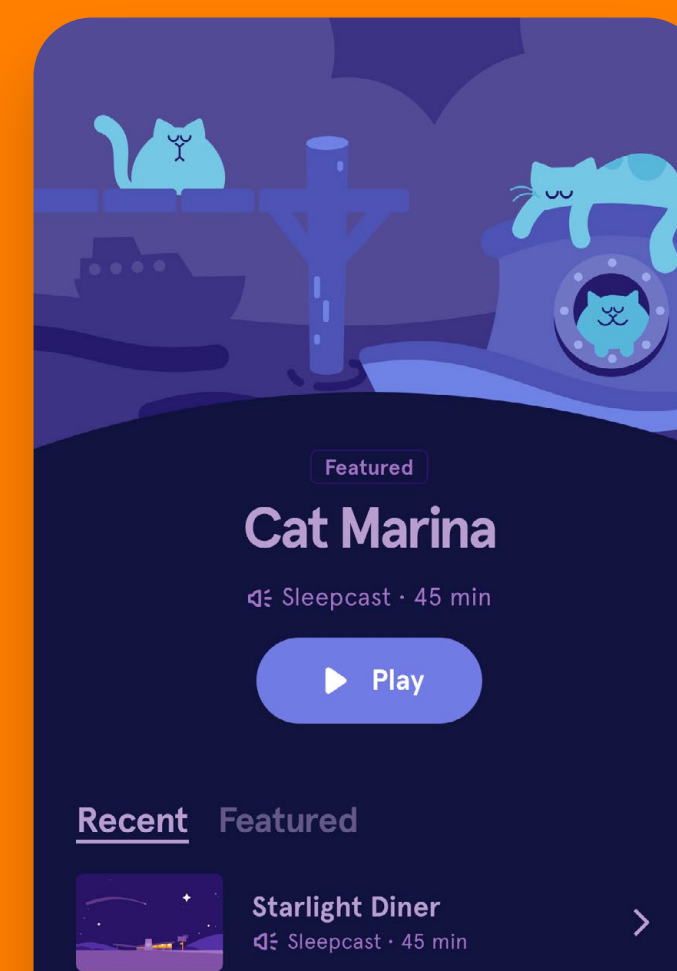
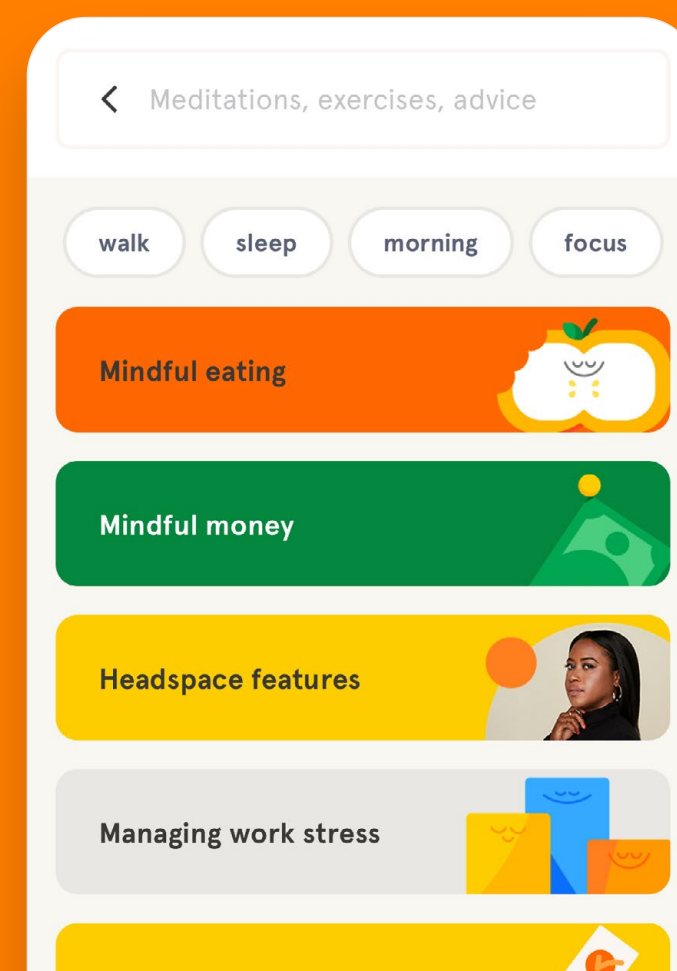
Sleepcasts, music, and bedtime audio for restful nights

Move

Quick workouts and guided cardio for body and mind

Focus

Meditations and music to help you zoom in on what matters



Get started

Just follow these steps to sign up and start your journey. Need help? Contact: Benefits@cradlepoint.com

1 Use this link to create a FREE ACCOUNT:
<https://work.headspace.com/cradlepoint/member-enroll>

2 Create a Headspace account or login with your existing account. You'll need to verify your free access with your Cradlepoint email address

3 Download the Headspace App to get started

