headspace

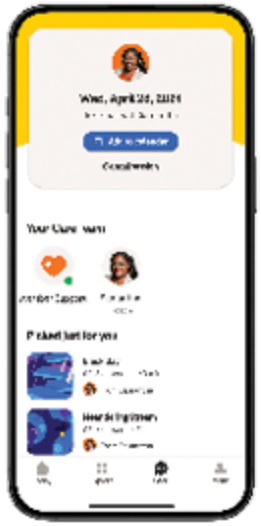
Better sleep starts here

Tossing and turning? Headspace can help.



Relax your mind and drift into restful sleep with Headspace. Discover sleepcasts, calming music, and unique audio experiences designed to help you unwind and wake up refreshed. You can even chat with a mental health coach directly in the app for help with falling asleep, feeling restless, or accountability to build a consistent nighttime routine.

For deeper support, get connected to a therapist or psychiatrist who will work with your coach to make sure you have the care you need.



> **"Since using Headspace, I've found it's easier for me to fall asleep initially, and I go back to sleep faster when I wake up during the night."**
>
> WHAT MEMBERS ARE SAYING

Addepar provides you with a Headspace membership at no cost to you. You can even invite up to [5] loved ones to access this benefit, too.

Scan the QR code to get started.
https://work.headspace.com/addepar/member-enroll

** You do not have to be enrolled in your medical benefits in order to claim Headspace at no cost.*

Have a question? Visit help.headspace.com