



Smart Rural

Empowering the rural
community to use mobile
technology



Health & Wellbeing



Apps Profile: Headspace

Headspace is a startup with one simple goal: Make meditation accessible to everyone.

It does this through a smartphone app full of "guided meditations"- audio sessions where one of the company's co-creators leads listeners on a journey of contemplation.

HOW IT WORKS



A Sample Exercise

App profile: Sleep Cycle

An [intelligent alarm clock](#) that analyzes your sleep and wakes you in the lightest sleep phase - the natural way to wake up feeling rested and relaxed.



App profile: Fitbit

track all-day activity, workouts, sleep and more. Use the app on its own to track basic activity and runs on your phone

