



Insight Timer



Insight Timer App Basics

- You must sign up for a free account.
- Explore guided meditation, breathwork, sleep stories, and more!
- Choose exercises that work for you, track your mood, and attend live events.
- Paid version includes access to courses and premium features.

Getting Started with Insight Timer

1 Enter your name and birth year. Tap **Create account**.

What's your name?
We prefer using real names at Insight Timer. It's a trust thing.

Janet S. Planet

You can hide your Last Name in Settings if you like, because we trust you too

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By checking this box, I agree to Insight Timer's Terms and Conditions and Privacy Policy

Create account

2 Select your preferences on the next two screens to customize your goals. Tap **Finish** when done.

I'm here for...
Select as many as you like

Stress and Anxiety

Sleep ✓

Mindfulness ✓

Morning Routines ✓

Love and Relationships

Parenting

Manifestation & Affirmations

I'm interested in...
Select as many as you like

The Timer ✓

Meditation ✓

Breathwork ✓

Yoga

Journaling

Mood Check-in

Something Else

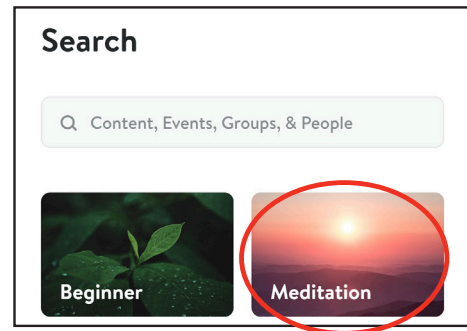


Finding a Guided Meditation

- 1 Tap the **Search** icon in the navigation bar at the bottom of your home screen.



- 2 Tap **Meditation**.



- 3 Tap the **categories at the top** to adjust your filter. Tap on a **track** to read more about it and to start meditating!

