

How Long Should You Meditate?

13-15 minutes per day of meditation should be enough, according to studies. But if you have time, try longer meditation sessions of 20-30 minutes. This length of time gives you a chance to get past the "busy mind" stage of meditation into a more peaceful state.



Benefits of longer meditations

During the first 15 minutes of a meditation session, you may find your mind is more chaotic.

Longer meditations of 30 minutes or more can help you feel better in the moment of meditating (not just long-term). And sometimes, endorphins and added clarity appear in those longer sessions.

Longer meditations are worth trying, even if all they do is help you feel like you have the capacity to be "good" at meditation.

Studies show 13–15 minutes is enough

Most studies show the benefits of meditation can be achieved in under 20 minutes:

- **15 minutes per day of meditation can show benefits**, according to Harvard University
- A 2018 study showed **13 minutes a day** (over the course of 8 weeks) can show benefits.

20 minutes a day is another common benchmark, often recommended by practitioners of Transcendental Meditation.