

# How Often Should You Meditate?

**If you're not sure how often to meditate, shoot for 13-15 minutes per day over the course of 8 weeks.** This puts you in line with many of the studies that have shown the benefits of meditation. However, if you can't meditate daily, irregular meditation can still help.



## Benchmarks

**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.

There's also the **45 minutes a day** laid out in the Mindfulness-Based Stress Reduction program.

## FAQs

**How many times a day should you meditate?**

In the studies done on meditation, the most common frequency is once per day. Practicing daily has definite advantages, especially to build momentum for your habit.

**What happens when you miss a day?**

That's not only normal, but inevitable. When it happens, just get back into your routine as soon as you can. Make sure not to beat yourself up over any perceived failures related to your meditation routine.