

# About Unwind

Unwind is a refreshing and a delightful app consisting of deep breathing exercises to help you wake up fresh, improve focus, and sleep better.

We've forgotten the true significance of mindful breathing. We are so busy that we have even forgotten how to breathe correctly—which drastically affects our overall health and happiness.

Unwind fixes that. Unwind comes with the following three guided breathing exercises, and whenever the app is launched, it displays the correct breathing exercise based on your sleeping schedule, which is customizable.

- Start your day fresh  
This breathing exercise gets you ready for the day feeling refreshed, relaxed, and also shaking off any lingering remnants of sleep
- Relax & unwind  
During the day, Unwind displays this breathing exercise to relieve your mind of any stress or anxiety. By the end of this exercise, you'll feel relaxed and more focused.
- Sleep better & faster  
And when you are ready for bed, this deep relaxing breathing exercise helps you get calm, and fall asleep in minutes.

## About the Developer

Hi, I am Kushagra Agarwal

I am a developer/designer based out of Bangalore, India. I made Unwind to help myself become more mindful and calm. Apart from Unwind, I've also made an app called Cone - Live Color Picker. Both Unwind and Cone have been featured in the App Store in over a hundred countries.

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#unwind