



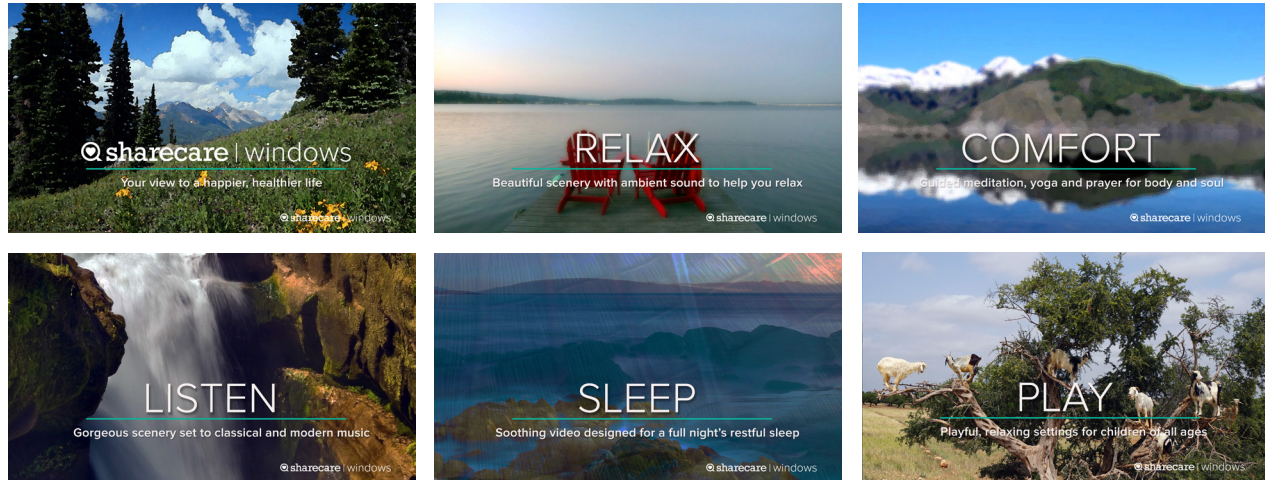
sharecare | windows

Your view to a happier, healthier life

RELAX. COMFORT. LISTEN. SLEEP. PLAY.

Wellbeing Content for Hospitality

World-Class Relaxation and Nature Video from International Award-Winning Filmmakers



5 Catalogues. 125 Titles. 200 Hours of Content

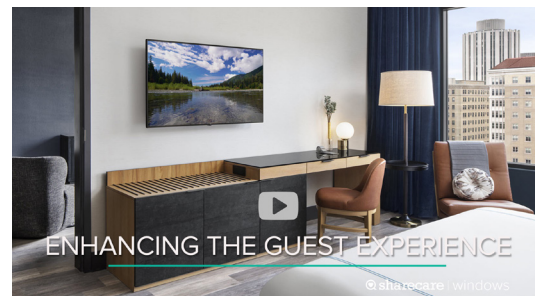
Sharecare, created by digital health pioneer, Jeff Arnold, and cardiothoracic surgeon and Emmy award-winning TV personality, Dr. Mehmet Oz, is the digital health company that helps people manage all their health in one place. Sharecare's platform provides a personalized health profile where individuals can easily connect to the information and evidence-based programs they need to live their healthiest, happiest and most productive life.

One of the key components of the Sharecare platform is Sharecare Windows, the award-winning globally recognized producer of original relaxation videos. This specialty video content empowers people to find stillness and peace in their everyday life. Sharecare Windows' video library is thoughtfully curated into five categories containing 200 of hours of relaxation, meditation, sleep and music-video programming.

Feedback from subscribers and viewers indicates that Sharecare Windows' videos are effective in reducing intrusive noise levels, encouraging healthy sleep patterns and reducing stress—extremely important for today's hectic lifestyle.

Sharecare Windows is the exclusive provider of ambient and sleep video to [Amazon Prime Video](#) worldwide and is integral to the patient experience in over 500 healthcare facilities worldwide. Upscale hotels, resorts and airlines around the world have relied on our content to enhance their guest experience for more than 10 years, and now we are the exclusive provider of relaxation and sleep video to [World Cinema](#), the leading hospitality in-room entertainment provider.

Sharecare Windows [Eco Films](#) have screened at 170 film festivals worldwide and garnered 42 awards from Best Cinematography to Best Short. Every day, more than 33,00 hours of Sharecare Windows videos are viewed from around the world to across the street. Now your guests can experience the priceless amenity of relaxation, stress release and a better nights' sleep.





Beautiful scenery from around the world with ambient noise to help you relax

Developed with the direction of leading health and wellness institutions, Relax features a carefully curated collection of relaxation, nature and scenic video offerings. Each program features thoughtfully selected video windows creating a relaxing retreat from everyday distractions. For a totally immersive experience, Relax programs are accompanied only by the naturally occurring sounds recorded on location.

NATURE RELAXATION

These gorgeous videos capture the stunning beauty and serenity of nature around the planet.

[30 Minutes in Iceland](#)

[30 Minutes of WATER Relaxation](#)

[A Trip Through Lake Tahoe](#)

[A Trip Under the Sea](#)

[A One-Hour Tour Through Hawaii](#)

[One Hour of Gorgeous Aerial Views](#)

[One Hour of Gorgeous, Calming Nature](#)

[One Hour of Relaxing Rocky Beaches](#)

[One Hour of Relaxing Water](#)

[One Hour of Colorful Colorado](#)

[The World's Most Breathtaking Waterfalls](#)

[Two Hours of Beautiful, Soothing Sites](#)

[Two Hours of Divine Beaches](#)

BEAUTIFUL DESTINATIONS, PLACES AND PEOPLE

A compilation of nature and locations capturing the sense of place and flavor of these unique destinations

[Around the World in One Hour](#)

[Beautiful Vistas from Around the World](#)

[30 Minutes in Beautiful Portugal](#)

[30 Minutes in Beautiful Spain](#)

[30 Minutes of Breathtaking Scenes from Around the World](#)

[45 Minutes in South America](#)

[A 30-Minute Journey Around the World](#)

[A 30-Minute Trip Through Amsterdam](#)

[A One-Hour Stay at the World's Most Peaceful Resorts](#)

[A One-Hour World Tour](#)

[A Trip Through The World's Greatest Cities](#)

[Around the World in 30 Minutes](#)

[Around the World in 90 Minutes](#)

[One-Hour Journey Through Chicago](#)

[One Hour of Soothing Sights and Sounds](#)

[Two Hours of Calming Sights and Sounds](#)

30 MINUTE BEAUTIFUL DESTINATIONS

Full-length videos feature a first-person point-of-view, filmed as a continuous program-not a looping clip.

[30 Minute Cruise in Montenegro](#)

[30 Minutes at Mauna Kea Beach](#)

[30 Minutes of Afternoon Sunshine in Montenegro](#)

[30 Minutes of Breathtaking Sunset over the Adriatic Sea](#)

[30 Minutes of Afternoon Sunshine in Montenegro](#)

[30 Minutes of Morning Sunshine on the Adriatic Sea](#)

[30 Minutes of Morning Sunshine Over Istanbul](#)

[30 Minutes of New York City Sunrise](#)

[30 Minutes of Sheep for Relaxation](#)

[30 Minutes of Stunning Montenegro](#)

[30 Minutes of Sunrise over Carmel, California](#)

[30 Minutes of Sunrise over Kotor](#)

[30 Minutes of Sunrise Over Mara Beach](#)

[30 Minutes of Sunrise Over Monastery Beach](#)

[30 Minutes of Sunrise Over Palm Springs](#)

[30 Minutes of Sunrise Over the Adriatic Sea](#)

[30 Minutes of Sunrise over the Bosphorus Strait](#)

[30 Minutes of Twilight Over Montenegro](#)

INTERNATIONAL AWARD-WINNING NATURE FILMS

[WATER 6 minutes](#)

[Shinrin-Yoku \(Forest Bathing\) 6 minutes](#)



Guided meditation, yoga and prayer to comfort the body and soul

The Comfort collection presents video content from world-leading experts from yoga, meditation, energy, medical and musical fields. Comfort provides wellness at your fingertips, anytime—anywhere. From quick guided breathing sessions that calm the nerves to yoga classes that get the blood flowing and improve flexibility, this series even offers immersive hypnosis journeys for conditions from IBS to Anxiety.

YOGA, GUIDED MEDITATION AND MUSIC

[5 Minutes of Yoga for Breath Awareness](#)

[5-Minute Yoga: Abdominal Breathing*](#)

[6 Minutes of Yoga by the Ocean](#)

[6-Minute Yoga: Alternate Nostril Breathing](#)

[8 Minutes of Yoga With Sound Meditations*](#)

[9-Minute Yoga: 3 Simple Meditations*](#)

[9-Minute Yoga: Meditation and Visualization](#)

[10-Minute Guided Meditation*](#)

[13-Minute Seated Yoga: Level I](#)

[10-Minute Seated Yoga: Level II](#)

[12 Minutes of Yoga for Restful Sleep](#)

[13-Minute Yoga to Ease Anxiety \(Non Ambulatory\)](#)

[15-Minute Guided Meditation*](#)

[17 Minutes of Yoga for Relaxation Anywhere](#)

[17 minutes of Yoga to Harness Your Chakra Energy](#)

[18 Minutes of Yoga for Relaxation and Stress Relief Anywhere](#)

[8-Minute Yoga: Savasana Relaxation](#)

[20 Minutes of Yoga for Relaxation and Stress Relief](#)

[20 Minutes of Yoga to Break Any Habit](#)

[22 Minutes of Yoga for Mindfulness and Meditation](#)

[23 Minutes of Yoga for Living Well With Dementia](#)

[36 Minutes of Hindu Raga Music for Yoga](#)

[100 Minutes of Meditative Music for Yoga](#)

[One-Hour Yoga for Beginners](#)

[One-Hour Yoga for Men's Health](#)

[One-Hour Shinrin-Yoku \(Forest Bathing\)](#)

* Available in Japanese, Spanish, German and French language versions



Gorgeous scenery set to symphony, jazz and music from around the world

Listen is masterful collaboration of inspiration and relaxation for all the senses.

The classical music video selections combine young artists' interpretations of classical piano and symphonic melodies with complementary nature video. Nature's Relaxation includes original music scores created to accompany our stunning nature video. The faith-based videos combine spiritual readings and relaxing video.

CLASSICAL MUSIC WITH NATURE VIDEO

[20 Minutes of Symphony at Fern Canyon](#)

[30 Minutes of Symphony in Chile's Antuco River Valley](#)

[30 Minutes of Symphony on Lake Tahoe](#)

[45 Minutes of Classical Piano for Sleep and Relaxation](#)

[45 Minutes of Guitar for Sleep and Relaxation](#)

[45 Minutes of Symphony to Iceland's Gulfoss Waterfall](#)

[70 Minutes of Symphony to Sunsets](#)

[80 Minutes of Symphony in Colorado](#)

[80 Minutes of Symphony to Flowers](#)

[100 Minutes of Symphony on Washington's Lake Crescent](#)

[Vivaldi's Four Seasons with Breathtaking Views](#)

NATURE'S RELAXATION VIDEO WITH ORIGINAL MUSIC SCORES

[One Hour of Beautiful Northern California](#)

[One Hour of Beautiful Southwest Colorado](#)

[One Hour of Breathtaking Sunrises and Sunsets](#)

[One Hour of Breathtaking Cityscapes Set To Jazz](#)

[One Hour of Soothing Waterfalls](#)

[One Hour of the World's Most Beautiful Beaches](#)

SPIRITUAL READINGS WITH NATURE VIDEO

[20 Minutes of Buddhist Inspirations](#)

[30 Minutes of Buddhist Prayer](#)

[30 Minutes of Catholic Inspirations](#)

[30 Minutes of Catholic Prayers](#)

[9 Minutes of Christian Inspirations](#)

[30 Minutes of Christian Prayers](#)

[25 Minutes of Christian Hymns](#)

[30 Minutes of Islamic Prayers](#)

[70 Minutes of Jewish Inspirations](#)

[40 Minutes of Jewish Prayers](#)



Designed for a full night's restful sleep

The Sleep collection features extremely low light soothing HD video with complementary natural white, pink and brown noise. These programs reduce the exposure to blue-spectrum light waves, which are known to suppress the secretion of melatonin, a hormone that influences circadian rhythms and interfere with REM sleep. This series was developed in conjunction with Sleep Medicine Center at Stanford Health.

SLEEP AND DEEP RELAXATION

[8 Hours of Beach Bonfire with Soothing Waves for Sleep](#)

[8 Hours of Relaxing Rainfall for Sleep](#)

[9 Hours of Gentle Tropical Rainstorm for Sleep](#)

[8 Hours of Soothing Surf at Carmel Beach for Sleep](#)

[8 Hours of Soothing Surf at Coronado Beach for Sleep](#)

[8 Hours of Gentle Soothing Surf for Sleep](#)

[10 Hours of Soothing Surf at Del Norte for Sleep](#)

[10 Hours of Soothing Surf at Del Norte for Sleep Black Screen](#)

[8 Hours of Waves for Sleep](#)

[9 Hours of Pacific Ocean Waves for Sleep](#)

[8 Hours of Waterfalls for Sleep](#)

[8 Hours of Tranquil Lake Sounds for Sleep](#)

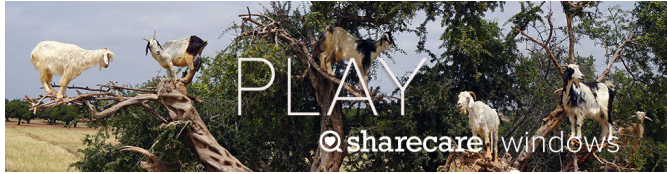
[9 Hours of Nighttime Nature Sounds for Sleep](#)

[9 Hours of New York City's 5th Avenue at Night for Sleep](#)

[9 Hours of Ceiling Fan For Sleep](#)

[9 Hours of Box Fan for Sleep](#)

[9 Hours of Oscillating Fan for Sleep](#)



Playful relaxing videos for children of all ages

Play for Kids is designed to meet the relaxation and stress reduction needs for all age groups and attention spans. Programs are accompanied by the naturally occurring sounds for a fully immersive experience. This series was developed in conjunction with Nemours duPont Hospital for Children.

NATURE AND DESTINATION FAMILY-VIDEO

[A One-Hour Journey Around the Globe for Kids](#)

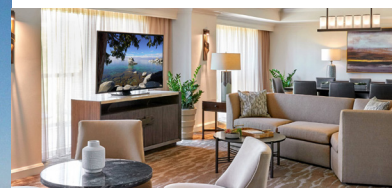
[A One-Hour World Tour for Kids](#)

[A Trip Under the Sea for Kids. One Hour](#)

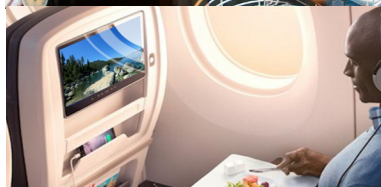
[One Hour of Jungle Waterfalls for Kids](#)

[One Hour of Soothing Sights and Sounds for Kids](#)

[One Hour of the American Flag for Kids](#)



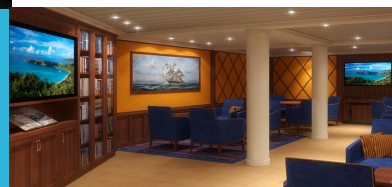
improve guest satisfaction



relieve stress



enhance sleep



reduce noise