Meet Lumia: the first AI meditation app designed for the way your mind works

Light-it launches Lumia. Through the purposeful use of GenAI and advanced Text-to-Speech technologies, Lumia helps people improve sleep, reduce anxiety, and fight fatigue through deeply personalized meditation and mindfulness experiences.

Aventura, Florida Jan 2, 2026 (Issuewire.com**)** - Meet Lumia: the first AI meditation app designed for the way your mind works

Light-it, a leading digital health company, launches Lumia to make mindfulness smarter, more human, and built for today's mental health challenges. Through the purposeful use of Generative AI and advanced Text-to-Speech technologies, Lumia helps people improve sleep, reduce anxiety, and fight fatigue through deeply personalized meditation and mindfulness experiences.

This week, Light-it announced the launch of its innovative generative AI-driven meditation app Lumia, designed to adapt in real time to the person's emotional state and lifestyle needs. By combining advanced personalization with a full suite of meditation features, Lumia empowers its users to manage stress, ease anxiety, sleep better, and enhance focus through guided practices crafted just for them.+

Where traditional meditation apps fall short in addressing shifting emotions and daily challenges, Lumia's intelligent model listens to your inputs and crafts a unique session every time. Whether you're seeking calm, concentration, or rest, Lumia responds with tailored meditations and soothing soundscapes, such as ocean waves, rainforest ambience, or instrumental tones. The app also allows users to tailor their meditation experience by picking a background sound ranging from natural elements or opting for silence, and selecting a narrator voice. The latter is possible thanks to the use of what is considered the world's most realistic AI voice partner, 11Labs

It is estimated that 500 million people meditate daily to help with anxiety and sleep quality. Decades of research show that meditation delivers measurable mental health benefits. Clinical studies have found moderate to large reductions in anxiety symptoms, as well as significant improvements in sleep quality and reductions in fatigue.

Lumia uses AI to personalize these proven benefits, helping users achieve balance in ways traditional meditation apps cannot.

What does Lumia offer?

- **AI Personalization**: Sessions that adapt to each user in real-time based on their own inputs, providing meditations tailored to mood, goals, and current emotional state.
- **Flexible Durations**: Choose meditations ranging from 5 to 30 minutes, allowing users to fit mindfulness into their schedules easily.
- **Rich Soundscapes**: Enhance each session with scientifically-proven calming backdrops like ocean waves, rainforest sounds, ambient tones, and instrumentals.
- **Wellness Focus Areas**: Targeted daily sessions for anxiety reduction, better sleep, improved focus, relaxation, and emotional balance.

"We built Lumia to remove the guesswork from meditation," said Alan Brande, CEO of Light-it. "Whether you have five minutes before a meeting or need half an hour to reconnect, Lumia adapts to your needs,

your mood, preferences, and even experience with Meditation; all to help you find balance in every moment."

Lumia will soon be available for iOS and Android devices. Users can now sign up for the wishlist and its full public release.

About Light-it

Light-it is a premier software development company specializing in healthtech and digital health innovation. At the forefront of healthcare technology, its has a track record of collaborating with industry leaders, including AB InBev Foundation, Mavida Health, Psychnow, Oxford University, Fridays, and Anise Health, among others.

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