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# Calm - Meditate, Sleep, Relax

Editors' Choice

Calm.com, Inc. Health & Fitness

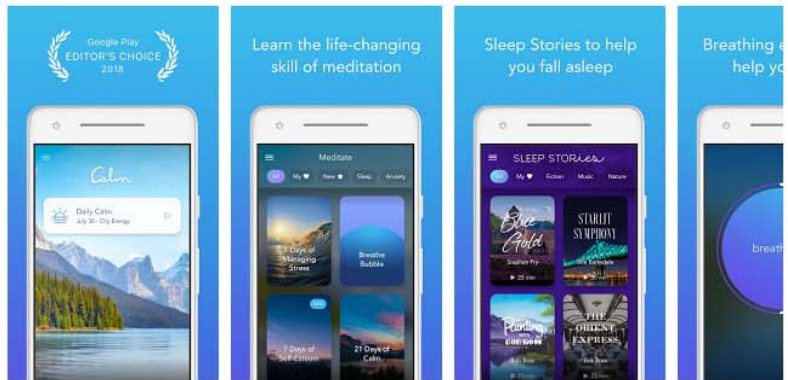
★★★★★ 144,122

Everyone

Offers in-app purchases

Add to Wishlist

Install



Calm is the leading app for meditation and sleep. Join the millions experiencing lower stress, less anxiety, and more restful sleep with our guided meditations, Sleep Stories, breathing programs, masterclasses, and relaxing music. Recommended by top psychologists, therapists, and mental health experts.

Calm is the perfect mindfulness app for beginners, but also includes hundreds of programs for

READ MORE

## REVIEWS

Review Policy

4.5



144,122 total



Jaime Lancaster

★★★★★ April 18, 2019



411

## Similar

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- Headspace: Med**  
Headspace, Inc.  
Just a few minutes can change your day  
★★★★★
- Relax Melodies:**  
Ipnos Software  
Sleep better 😊 with over 100 sleep sounds, white noise, calm music &  
★★★★★
- Simple Habit Me**  
Simple Habit, Inc.  
The best meditation app for busy people from the world's best teachers.  
★★★★★
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Fitness22  
Mindfulness Meditation: relax, sleep better, focus, be calm, and live happier  
★★★★★
- Stop, Breathe & Think**  
Stop, Breathe & Think  
Guided Meditation & Calming Breathing Exercises for Sleeping  
★★★★★

Calm.com, Inc.



Checky - Phone

Calm.com, Inc.

Checky answers a simple question: how many times a day do I check my

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Amazing from Day 1! this gives me the structure I need personally to keep to the task and to make sure I get a 10 minute meditation every day. It has become a part of my day I look forward to, and has brought me closer to calmness and peace a little more each day. the good-night audible stories are s...

Full Review



**Andy Clark**

★★★★★ April 19, 2019



377

I am undergoing CBT at the moment and one lesson was about worrying and ruminating. The tutor recommended a different app for mindfulness but I found the calm app whilst searching. Been using calm for a couple of days now and not even started to use all the features yet. Just love the daily calm and...

Full Review



**Kiwi Clasher**

★★★★★ May 1, 2019



1081

I don't want to create an account, and you're dreaming if you think your app is worth \$90 gtf to lol. Ridiculous. I read some other reviews and it's the same complaint. Those being the free version has no features, the trial requires payment information. You only have an app, just an app, that can't b...

Full Review

**Calm.com, Inc.** May 7, 2019

Hi there, sounds like you are having trouble accessing the free content, reach out to support at support@calm.com and we'd be happy to guide you to it.



**X Beckstead**

★★★★★ April 23, 2019



669

This app deserves five stars, however, it has become a \$\$\$ grab! The subscription is too expensive and Calm does not send you a courtesy email to notify you of your upcoming renewal. In fact, it doesn't even notify you after your subscription has been renewed. The only way to prevent automatic renew...

Full Review

**Calm.com, Inc.** September 28, 2018

Hi there, I'm so sorry for the unintended charge. Reach out to support@calm.com and

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