

Calm

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Try Calm for Free

Discover Calm

The #1 App for Meditation and Sleep

START FREE TRIAL



Meet Calm



Meditate

Learn the life-changing skill of meditation



Sleep

Get more restful sleep and wake up feeling refreshed



Body

Video lessons on mindful movement and gentle stretching



Music

Exclusive music to help you focus, relax, and sleep

What's in Calm Premium?

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- ✔ An original Daily Calm every day
- ✔ 100+ guided meditations covering anxiety, focus, stress, sleep, relationships and more
- ✔ Entire library of Sleep Stories, with new stories added every week
- ✔ Exclusive music tracks for Focus, Relaxation and Sleep, with new music added weekly
- ✔ New Calm Masterclass added monthly featuring world renowned experts
- ✔ Access to all Calm Body programs

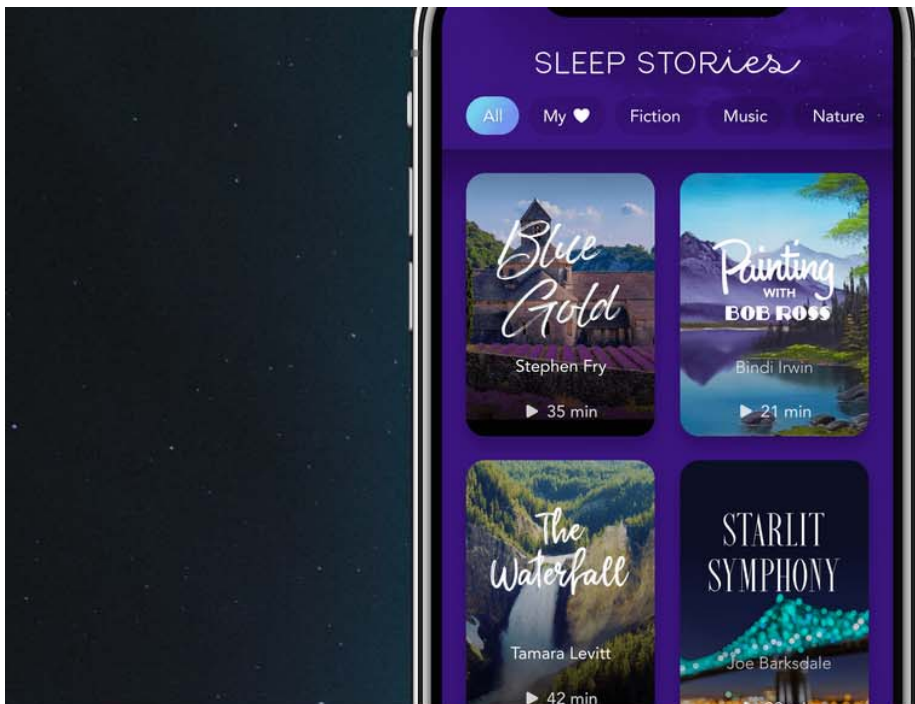
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Meditation Made Easy

Calm is the #1 app for meditation and mindfulness. Enjoy 100+ guided meditations to help you manage anxiety, lower stress and sleep better. Calm is the perfect mindfulness app for beginners, but also includes hundreds of programs for intermediate and advanced users.

[START MEDITATING](#)





Sleep Stories to help you fall into a deep sleep

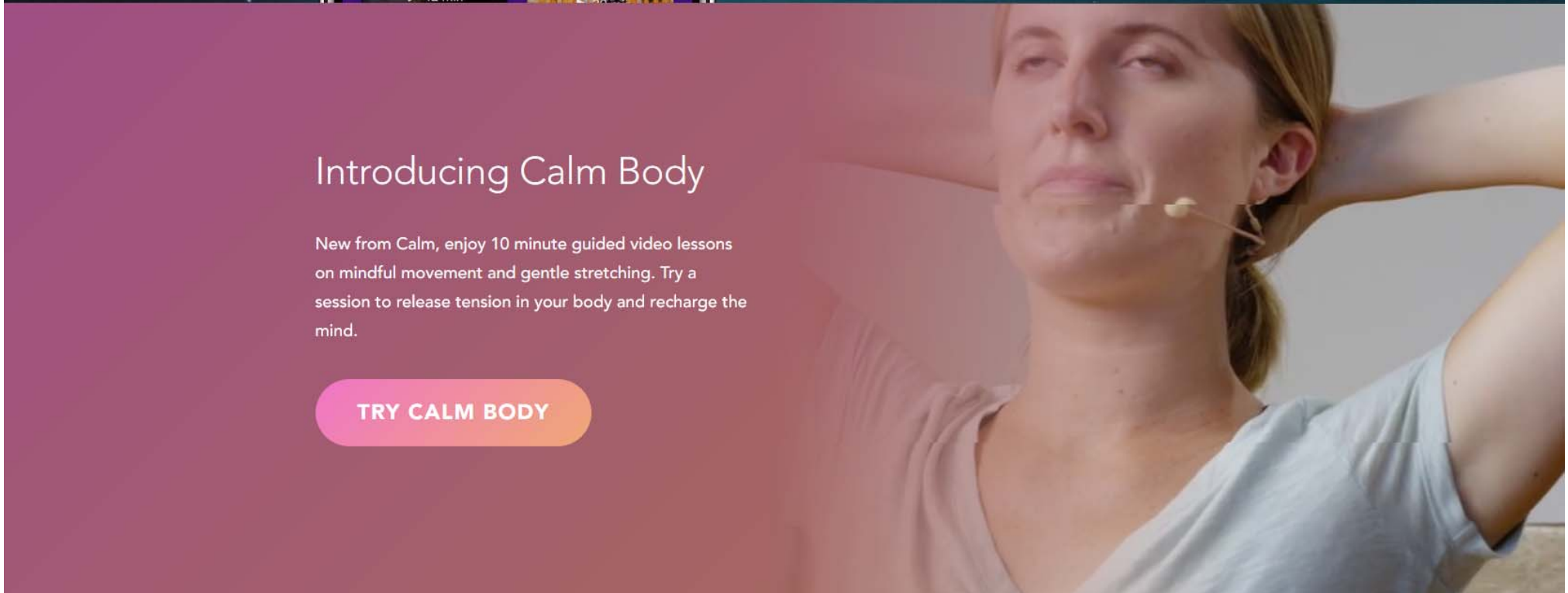
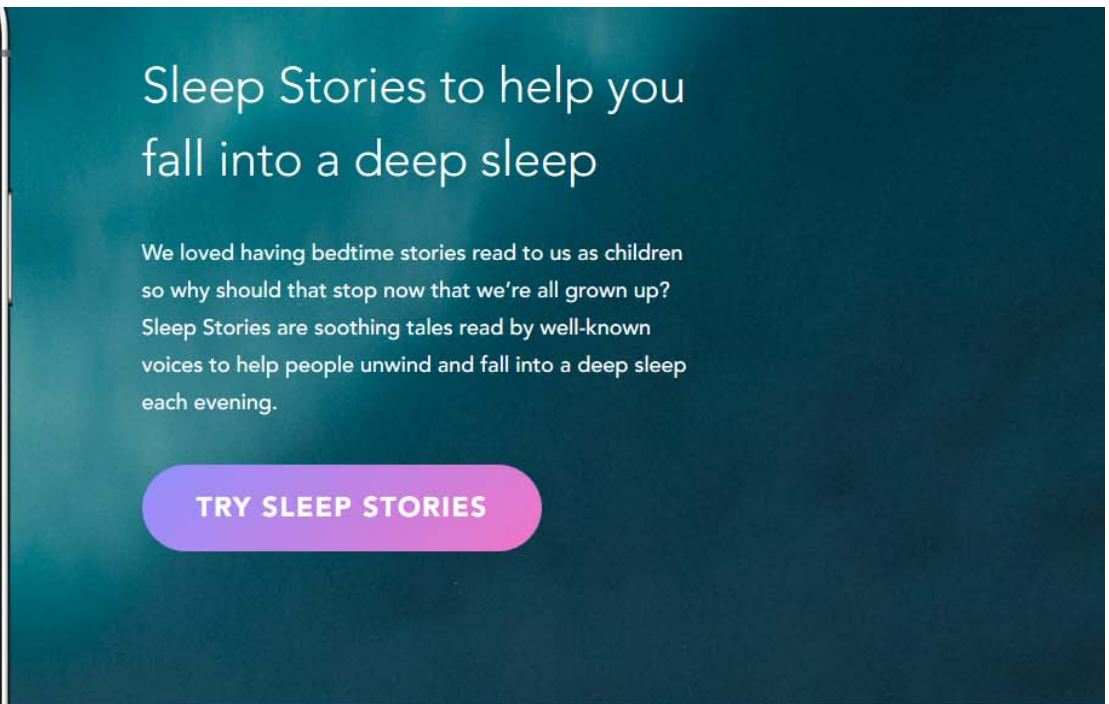
We loved having bedtime stories read to us as children so why should that stop now that we're all grown up? Sleep Stories are soothing tales read by well-known voices to help people unwind and fall into a deep sleep each evening.

[TRY SLEEP STORIES](#)

Introducing Calm Body

New from Calm, enjoy 10 minute guided video lessons on mindful movement and gentle stretching. Try a session to release tension in your body and recharge the mind.

[TRY CALM BODY](#)





Music composed to help you focus, relax, and sleep

Hundreds of hours of exclusive music tracks engineered to help you focus, relax or sleep. Calm Music includes original compositions, nature sounds, white noise and much more.

TRY CALM MUSIC

Take the stress out of travel. Visit Calm at airports.

Calm is partnering with XpresSpa at all major U.S. airports. Stop in before your next flight to get exclusive offers and free gifts for Calm users.



People Love Calm

Over 200,000 5-star reviews 

 **adam** 
@adamamin

Thank you, thank you, thank you @calm. One of the best decisions I ever made was to download this app. If you need something to help you manage your thoughts or maintain a general center physically or mentally, I highly recommend it.

53 5:40 AM - Apr 18, 2018


17 people are talking about this

 **Lucy Canning**
@lucy0000lucy

Highly recommend @calm app for those who have trouble sleeping - great meditations and also narrated stories that seem to magically send me to sleep.

10 8:15 AM - Apr 15, 2018


See Lucy Canning's other Tweets

 **CRYSTAL**
@crystalizetears

@calm I downloaded the app last night and I have never fallen asleep so peacefully and easily. Thank you! ❤️

1 4:11 PM - Jun 21, 2018

See CRYSTAL's other Tweets

 **Michael Navarro**
@Mikey__Ernesto

Tried @calm for the 1st time last night and this morning on the subway. Slept like a 🙄 and was very relaxed even on the train! Will definitely continue to use this.

52 6:52 AM - Oct 23, 2018

See Michael Navarro's other Tweets

START FREE TRIAL

DOWNLOAD THE CALM APP



Features

- Meditate
- Sleep Stories
- Music
- Calm Masterclass
- Calm Body

Offers

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