



Calm

take a deep breath



Welcome to Calm





## Our mission is to make the world happier and healthier.

We're the #1 app for Sleep, Meditation and Relaxation, with over 40 million downloads and over 700,000 5-star reviews. We're honored to be an Apple BEST OF 2018 award winner, Apple's App of the Year 2017, Google Play Editor's Choice 2018, and to be named by the Center for Humane Technology as "the world's happiest app".



### Meditate

Learn the life-changing skill of meditation



### Sleep

Get more restful sleep and wake up feeling refreshed



### Music

Exclusive music to help you focus, relax, sleep



**Body**

Video lessons on mindful movement and gentle stretching

**Masterclass**

Audio programs taught by world-renowned mindfulness experts

**Scenes**

Nature scenes and sounds to enjoy while relaxing, sleeping, working or studying



**Alex Tew & Michael Acton Smith - Calm Founders**

We're a small and mighty team passionate about mental fitness, relaxation and sleep.

We're [hiring](#) a few more superstars. Maybe you'd like to join us!?



Meet our instructor.

[Tamara Levitt](#), Head of Mindfulness



