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Calm is the 1 app for sleep and meditation. Join the millions experiencing better sleep lower stress and less anxiety. Add Calm to your daily routine and join the millions experiencing the life changing benefits of practicing mindfulness.

Beginners intermediate and advanced users can all find their home in Calm. Let relaxing music and calm sounds help you meditate, focus and sleep better. Practice self healing and discover a happier you through Calm.

Feel better by reducing anxiety, prioritizing your self care and choosing a guided meditation session that fits within your busy. In the Calm app, the Daily Calm is a 10 minute meditation that's new every single day.

It's an accessible point of entry for new meditators but is also perfect for seasoned meditators who are. Join the millions experiencing better sleep, lower stress and less anxiety with our guided meditations. Sleep Stories, breathing programs, stretching exercises and relaxing music. Calm is recommended by top psychologists, therapists and mental health experts. Calm puts the tools to achieve mindfulness in your back pocket with guided meditations, soothing music and daily guided programs designed to fit into your lifestyle in practical ways. Access your Calm account to explore meditation, sleep and relaxation resources for a healthier mind and body. Calm has curated the most soothing sounds on Earth.

Explore a different nature scene every night and try our popular white noise, green noise and brown noise soundscapes. The Calm app can be downloaded for free on your Apple iPhone, iPad and Android smartphones and tablets devices from your device's app store by searching for Calm.

Learn how to calm anxiety and find the tools for in-the-moment stress relief. Our clinical experts and meditation teachers are here with a wide range of stress relief programs, meditations for anxiety and guided content to help you soothe anxiety and feel better.

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