



Free Calm Subscription

The world's #1 app for mental fitness

Millions of people are experiencing lower stress, less anxiety, improved focus and more restful sleep with Calm. Whether you have 30 seconds or 30 minutes, Calm content is made to suit your schedule and needs.



Wisdom

Music

Meditations

Relaxing Scenes
& Sounds

Sleep Stories

Visualizations

Kids' Content

To unlock your free Calm subscription, use your normal single sign-on login information or [click here](#)

This must be done on a web or mobile browser (not in the app itself).

Once on the page:

1. Create an account or sign in to your existing Calm account.
2. Download the Calm app. And log in to your account to access the premium content.



Need help? Visit calm.com/support for the Calm Help Center or to contact Calm's support team.