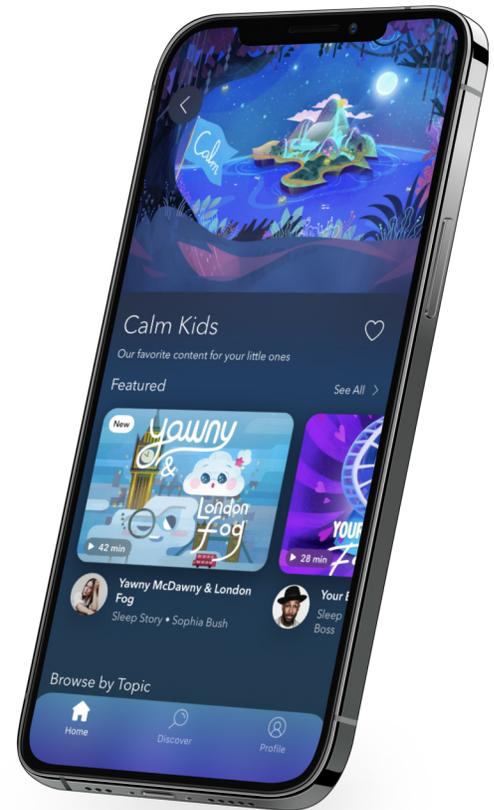


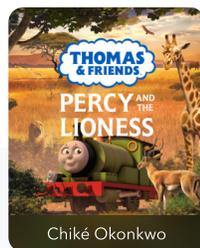
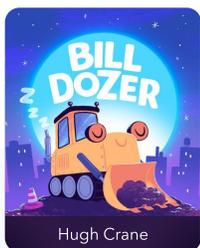
Calm: A Family Friendly Benefit

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. Enjoy the perks of Calm with your family and loved ones—all while becoming happier and healthier together!

Share Calm with up to 5 dependents by following these [step by step instructions](#).



In-app content for all ages



Proven impact on stress, sleep, and mental health

Based on a study (N=12,151) using survey data from Calm subscribers who used the app more than five times per week.

84%

improved mental health

81%

decrease in stress

73%

higher sleep quality