



## ABOUT CALM

[Calm](#) is the leading mental health brand, on a mission to support everyone on every step of their mental health journey. With the #1 app for sleep, meditation and relaxation, Calm's transformational mindfulness content supports users across seven languages in more than 190 countries. [Calm Business](#), Calm's enterprise-level solution, helps employees improve their mental health to stay productive in the workplace. Over 3,000 organizations around the world trust and choose Calm Business as their mental health partner. [Calm Health](#), Calm's mental health care solution for payers, providers and self-insured employers, connects mental and physical healthcare to drive positive patient outcomes through clinical condition-specific mental health programs, caregiver communication tools and more. [Fast Company's Most Innovative Companies of 2020](#) and [Time100's Most Influential Companies of 2022](#). For more information, please visit [calm.com](https://calm.com).

## CALM ON SOCIAL MEDIA

- Facebook: [Calm](#), [Daily Calm Community](#)
- Instagram: [@calm](#)
- Twitter: [@calm](#)
- TikTok: [@calm](#)
- Pinterest: [@calm](#)
- LinkedIn: [Calm](#)

## KEY STATS

- Founded in 2012
- 100M downloads
- 4M paying subscribers
- 1.5M+ 5-Star Reviews
- Content in 7 languages (English, French, German, Japanese, Korean, Portuguese, Spanish)

## PRODUCT

- **Dailies:** Original and inspiring daily meditations and mindfulness content to help you build a daily practice of caring for your mental health. Learn from experts such as Jay Shetty, Tamara Levitt, Jeff Warren and Mel Mah.
- **Meditation:** Learn the life-changing skill of meditation to help you manage stress, reduce anxiety, boost self-esteem, increase happiness, sleep better and much more from a roster of teachers such as Lama Rod Owens, Tamara Levitt, Chibs Okereke and more.
- **Sleep Stories:** Soothing bedtime stories for adults and kids told to engage all of your senses and transport you to a magical location as you drift off to sleep.
- **Music & Soundscapes:** Nature sounds, ambient music, exclusive remixes and playlists to help you focus, relax or sleep.
- **Calm Kids:** Family-friendly Sleep Stories, Nap Stories, lullabies and beginner meditations for various age groups up to 18 years old.
- **Movement:** Learn to move more mindfully with short-form videos led by Mel Mah inclusive of stretches and exercises designed to make you feel immediate comfort, relief, and joy.
- **Check-Ins:** Practice self-reflection and track your progress over time through gratitude, mood and sleep check-in tools.

PRESS KIT: [HERE](#)