Calm your sleep

Quality rest is key for overall well-being. **Is stress or anxiety affecting your sleep?** Falling asleep or staying asleep can be challenging for many people.

**Calm can help you sleep better.** Adults who use Calm at night report* that Calm helps them to fall asleep (92%), get a restful night sleep (79%), and stay asleep (70%)*.

Calm your sleep and explore **Calm’s soothing Sleep Stories** for adults to help you drift off to sleep or fall back asleep in the middle of the night.

**Tip:** Having a tough time with your child’s bedtime routine or looking to add a little variation? Explore our **Sleep Stories for kids**, including **Alice in Wonderland**.

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* References: