



Review Calm

Calm.com

Calm is an application that will help you reduce stress and fall asleep. Awarded as the best app of 2017 by Apple and in 2018 by Google, millions of people have already tried it and have managed to find their inner peace and mental well-being

With life so stressful that we live, more and more people are having trouble falling asleep and getting a good rest. There are many techniques to get you to relax and get people through the days in the best way. Applications of this type are very fashionable and among them **Calm** stands out, whose mission is to make the world happier and healthier.

Launched in 2012, it has been named by Apple as the App of the Year 2017, and as Google's Editor's Choice in 2018, becoming the most used for meditation and sleep practices, it has more than 30 million downloads and more than 65,000 active users who use it daily. It is the members of this community who best value it, classifying it as the happiest application in the world.

Immerse yourself in this universe of peace. The app creates exclusive audio content that will help strengthen your mental health, giving solutions to the great problems of our society: stress, anxiety, insomnia and depression. It is available in multiple languages, including English, German and Spanish, so language will not be a problem.

Download for free this application from the main virtual stores, Google Play Store and App Store, being compatible for Android and iOS devices. Although it is completely free, it also has a paid version called Calm Premium. With this you will have access to more than 100 hours of exclusive content, an advanced meditation library, relaxing bedtime stories, breathing techniques, nature scenes and unique master classes, with which you will learn to know your body and find balance.

Her sleep stories have been selected by the members of this great community themselves, the ones you find are the ones that have been valued the best and her meditation guide covers topics as complex as lack of sleep, concentration, stress management or happiness. Whatever you want to change on your mind, you will find it in **Calm**.

One of the advantages it has is that it has been designed by a group of psychologists to improve people's quality of life, that is noticeable when using it. To start enjoying all the benefits it offers, you just have to install it on your mobile device and create an account. As soon as you open it for the first time, it will ask you to set a goal, what do you want to achieve.

There are different levels, from the most beginner to the advanced and you will find a lot of options to choose from, you can simply listen to relaxing music, meditation exercises that vary from 3 to 30 minutes, meditation while walking, for children, etc.

Learn to manage your own stress and control your anxiety, break all those habits that make you bad and increase your level of concentration, all this will make your self-esteem grow and make you feel better day by day.

With her guided meditation, she will help you to know what you have to do step by step, so that you do not find yourself lost and with her sweet voice she will accompany you throughout the process. There will come a point where you are so calm that this sound will be all you need to hear. It has a section for those people who have their Achilles heel when resting at night, it is its section on Deep relaxation before going to sleep. It is a series of 10-minute meditations that you will listen to for 7 days in a row and with it you will be able to fall asleep quickly.

Being a mobile application you can take it anywhere, being a very useful tool if you suddenly feel high levels of stress, just breathe and open your Calm platform. The free version includes daily meditations of 10 minutes each, being its paid version the one that has the most benefits, since you will not have any limit and they could subscribe for a monthly, annual or lifetime price. The price for a whole year is € 57.99.

Download Calm and start to know yourself better inside, to achieve an inner peace that helps you in the hectic society we live in. See for yourself all its benefits and start to be happy.

Pros	Cons
- It has a free version. - Teaches you to handle anxiety. - Free daily meditations. - You can use it at any time of stress.	- Sometimes the number of users that there are at the same time collapses. - Its paid version is expensive. - The voice can be distracting. - You only have 10 minutes of meditation in the free version.

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Twitter: <https://calm.com/twitter>

Instagram: <https://www.instagram.com/calm/>

Web:

Play Store: <https://play.google.com/store/apps/details?id=com.calm.android&hl=es>

Apple Store: <https://apps.apple.com/es/app/calm-meditaci%C3%B3n-y-sue%C3%B1o/id571800810>