



Community Action Partnership of North Alabama is proud to bring you Calm for free

The world's #1 app for Mental Fitness is your newest benefit



Sleep more. Stress Less. Live Better.

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 has content suited to your needs and your schedule.



Meditation

Access hundreds of original guided meditations from some of the world's best instructors.



Sleep Stories

Drift off to our soothing bedtime stories that are expertly crafted to help you relax into sleep.



Music

Enjoy hundreds of tracks designed for focus and relaxation from artists like Moby, Sabrina Carpenter, Sam Smith, and more.



Masterclass

Learn about topics such as creativity, focus, and gratitude from world-renowned experts.



Calm Body

Practice light stretching exercises to energize your mornings, relieve tension, and help wind down for bed.



Nature Sounds

Let soothing nature scenes and sounds transport you into a calm and peaceful state of mind.

How to Access Your Calm Subscription

Download the [Calm](#) app from the Apple iTunes store on IOS devices or the Google Play Store on Android devices.

Sign up using your name and your **firstname.lastname@capna.org** email address.

NOTE: Even if you use first initial last name as your email address, you also have a **firstname.lastname** email that is linked to it and should be used to access [Calm](#).

Once you sign up, you will automatically have access to your [Calm](#) subscription.

To change any free subscription to the premium subscription, go to Settings > Account Information and update the email to **firstname.lastname@capna.org**.

After updating your email address, log out and log back in to access all premium topics.

In the **More** tab there is access to [Calm Kids](#), [Masterclasses](#), and [Breathing](#) exercises.

Set check-in reminders for [Mindfulness](#), [Bedtime](#), and [Mood Check-in](#) reminders in Settings under the More tab.

Still have questions about Calm ?

For further assistance with the app, please view this [FAQ page](#)

or contact Alicia Higginbotham at ahigginbotham@capna.org

