**Free apps to help reduce stress and improve sleep.**

* + Calm– Calm is an app that helps users sleep more, stress less and live better. Limited access is available for free. [https://www.calm.com/](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.calm.com%2F&data=02%7C01%7CDonna.Sitkiewicz%40exeloncorp.com%7C2ecdee2cbeb84f2a0b3508d7d03abf7e%7C600d01fc055f49c6868f3ecfcc791773%7C0%7C0%7C637206823047028422&sdata=spZHz8m074ULPaOqLAwZSSb2SYiGQKAIuwVSxIeY4NU%3D&reserved=0)
  + Fitbit– Fitbit is offering 40 new pieces of Premium content free in the Fitbit app. In addition, anyone new to Fitbit Premium can get a 90-day free trial of this paid subscription, including personalized health insights, sleep tools, customized programs, and 150+ workouts at [https://www.fitbit.com/us/products/services/premium](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.fitbit.com%2Fus%2Fproducts%2Fservices%2Fpremium&data=02%7C01%7CDonna.Sitkiewicz%40exeloncorp.com%7C2ecdee2cbeb84f2a0b3508d7d03abf7e%7C600d01fc055f49c6868f3ecfcc791773%7C0%7C0%7C637206823047038417&sdata=7%2F2KlWNNkg%2FLKJmRU%2BGn8wY8DVT7kJR3JssGuxfRur4%3D&reserved=0)
  + Insight Timer - Insight Timer is an app and online community for meditation. The app features guided meditations, music and talks posted by contributing experts. Limited access is available for free. [https://insighttimer.com/](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Finsighttimer.com%2F&data=02%7C01%7CDonna.Sitkiewicz%40exeloncorp.com%7C2ecdee2cbeb84f2a0b3508d7d03abf7e%7C600d01fc055f49c6868f3ecfcc791773%7C0%7C0%7C637206823047038417&sdata=9YWDPnNc9BN4kEsQf%2FowH2WITQfItYeE%2BK8iObW7z94%3D&reserved=0)