

Calma Sutra

A GUIDE TO MIND-BLOWING SLEEP



Calma | lemme



WELCOME TO THE CALMA SUTRA

We all remember the Kama Sutra:
That mysterious book sitting on your
parents' bookshelf, filled with diagrams of
mind-bending sex positions.
Calm and Lemme are excited to present
The Calma Sutra: The secret guide to the
world's greatest sleep positions.

What you'll find in these pages is a
roadmap to dreamland. We've crafted 12
of the coziest sleep positions known to
humankind, complete with lush illustrations
and options to sleep solo or cuddle with
a partner. And don't miss the sleep tip on
each page, with ideas for the best evening
routine, sleep schedule, room temperature,
and more.

Enjoy, and sleep well.



01

LOVE
KNOT

02

THE
SACRIFICIAL
LAMB

03

TWINNING

04

THERE'S
PEOPLE THAT
ARE CUDDLING

05

THE
PILLOW
PARTNER

06

FACETIME

07

THE
SLEEPING
SLOTH

08

REVERSE
PLOWGIRL

09

THE
VAMPIRE
COUNCIL

10

THE
BREAKFAST
BURRITO

11

THE
TOY
STORY

12

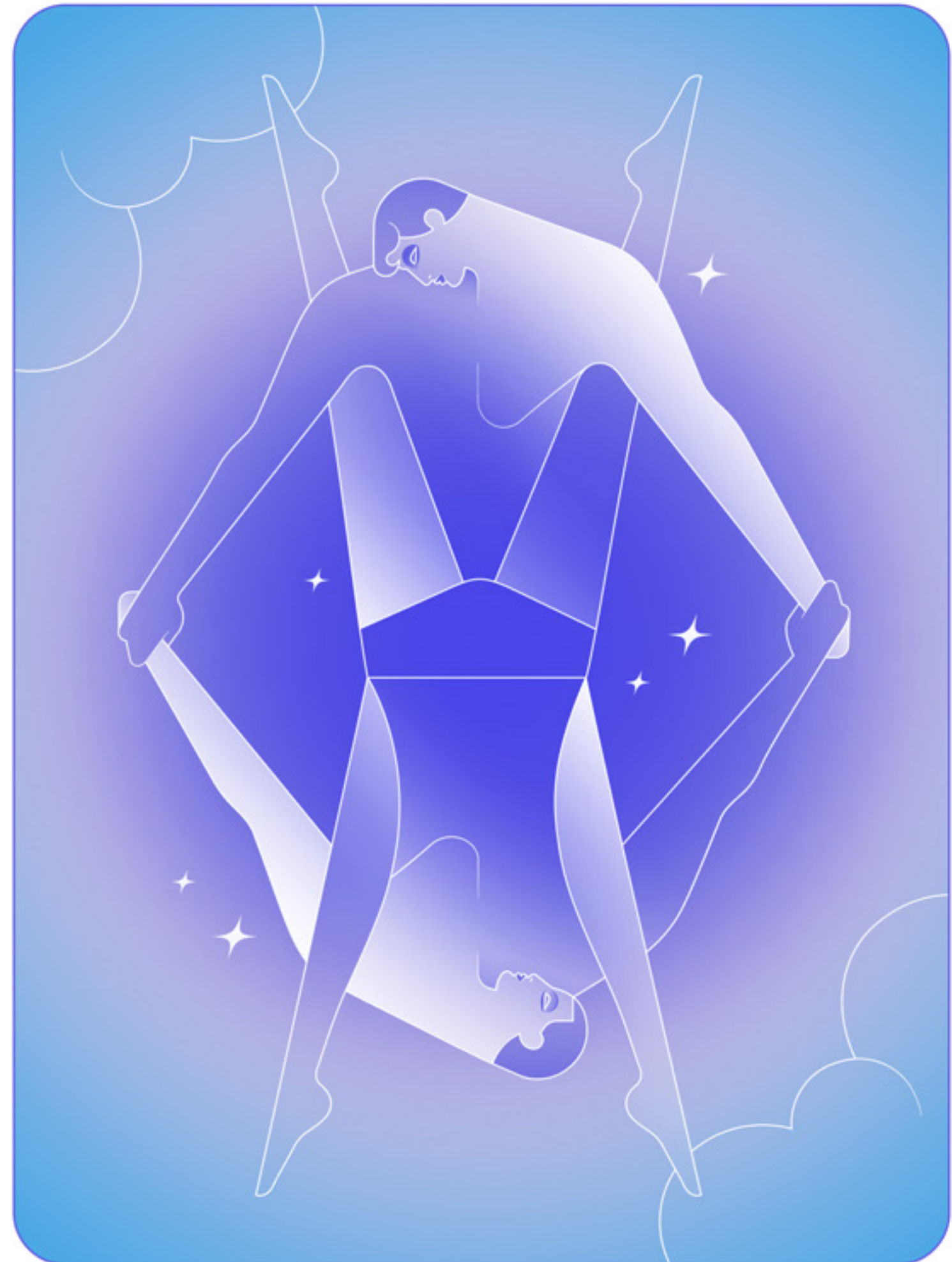
LITERALLY
LEMME
SLEEP

LOVE KNOT

Entangle yourself with your partner, with hands held and legs locked, and rest in the coziness you've created together.

 **TIP**

Avoid tying yourself in knots (and support sleep quality) by moving your body. Get your heart pumping during the day with aerobic exercise, but switch to gentle movement towards bedtime to prep your body for sleep.



THE SACRIFICIAL LAMB

Slip on an eye mask and wrap yourself up copiously in the covers, with little left for your partner. At least one of you is going to get a sound night's sleep.

**TIP**

They might seem selfish, but your blanket-hogging partner could be helping you out. You want to avoid being too hot when you sleep. The optimal bedroom temperature for sleep is under 69°F (between 60 and 67°F, actually).



TWINNING

Get in sync with your partner and mirror each other's sleeping styles. Match your pillow positions and embrace that you're two halves making a whole.



TIP

Twins seem to have a magical way of communicating without exchanging words. Sleep and routine are a bit like that too. A regular bedtime routine communicates to your body that it's time to wind down, and before you know it... zzz. Give it a try.



THERE'S PEOPLE THAT ARE CUDDLING

The more the merrier. Assume the traditional spoon position with your partner, but leave room for extra silverware.



TIP

Sleep comes quicker when you create the right environment for it. Make your bedroom a sanctuary for sleep that has people begging to take a nap with you. That means keeping it cool, dark, and quiet, with cozy bedding.



THE PILLOW PARTNER

A sleep companion without the complications. Grab the biggest pillow you can find, wrap your arms and legs around it, and cuddle like there's no tomorrow.

 **TIP**

When you love your pillow this much, it can be hard to tear yourself away. But sticking to a consistent sleep schedule with the same bedtime and wake-up time is key to sleep quality because it regulates your internal body clock.



FACETIME

Get closer, noses almost touching, and keep that face-to-face bond as your eyes close, entering separate dreamscapes, yet preserving togetherness.

**TIP**

The only Facetime you should be having in bed is with your partner. Power down your screens two hours before bed to avoid the blue light and psychological stimulation that's likely to keep you awake.

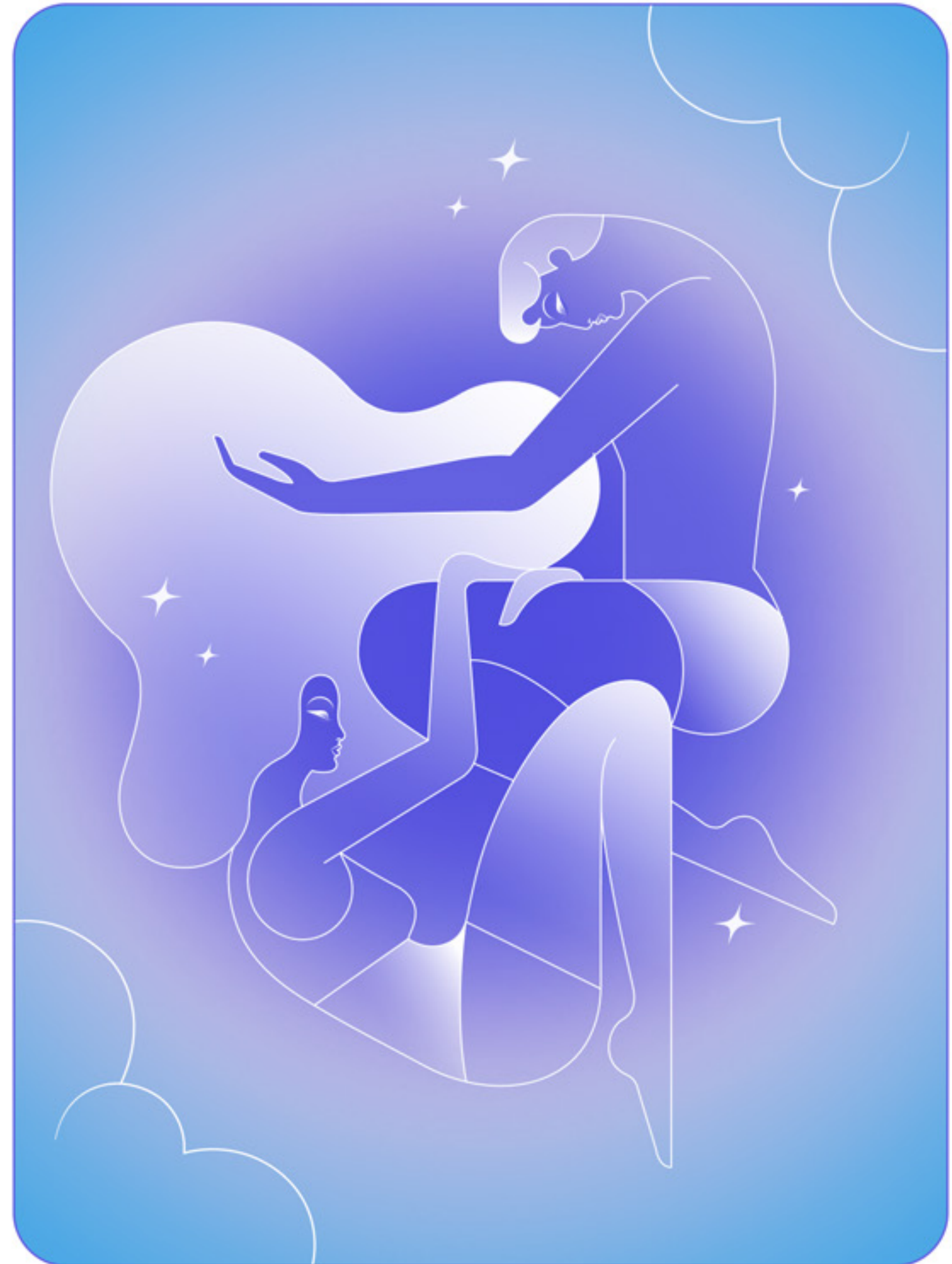


THE SLEEPING SLOTH

Wrap your arms and legs snugly around your partner, as though hanging from a tree branch, and drift off to dreamland, suspended in sleepy bliss.

 **TIP**

Channel your inner sloth with relaxation exercises that'll sweep you into dreamland. Techniques like progressive muscle relaxation or guided imagery can help ease your mind for some soothing shut-eye.

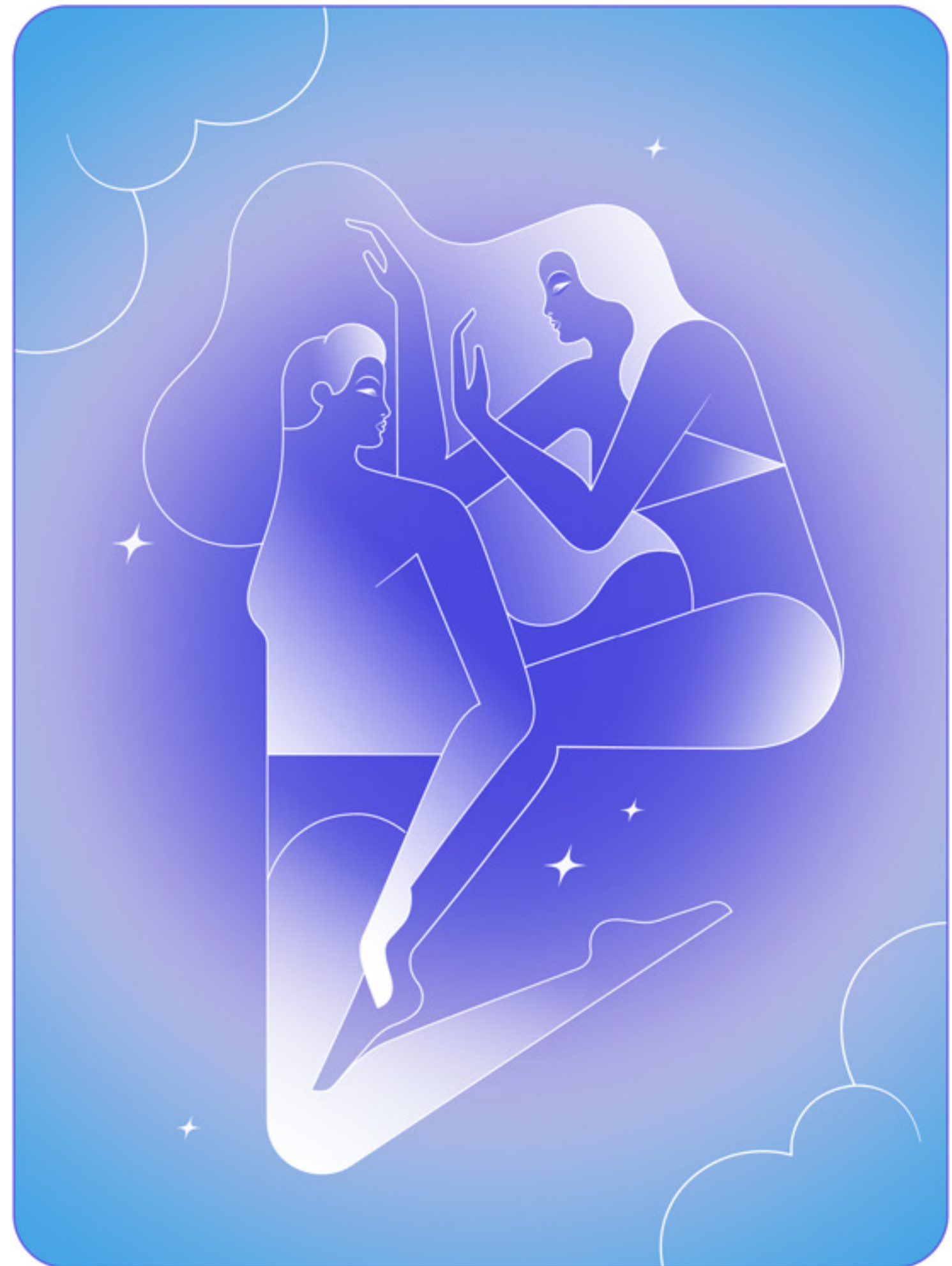


REVERSE PLOWGIRL

Gently extend your arms and legs toward your partner, pressing softly against their back. Doze off to sleep as they look back at you with a dreamy look in their eyes.

**TIP**

If you're rudely awoken in the middle of the night, don't stay in bed desperately trying to fall back to sleep any longer than 20 minutes. Get up and do something chill until you feel sleepy again (bonus points if it doesn't involve a screen).

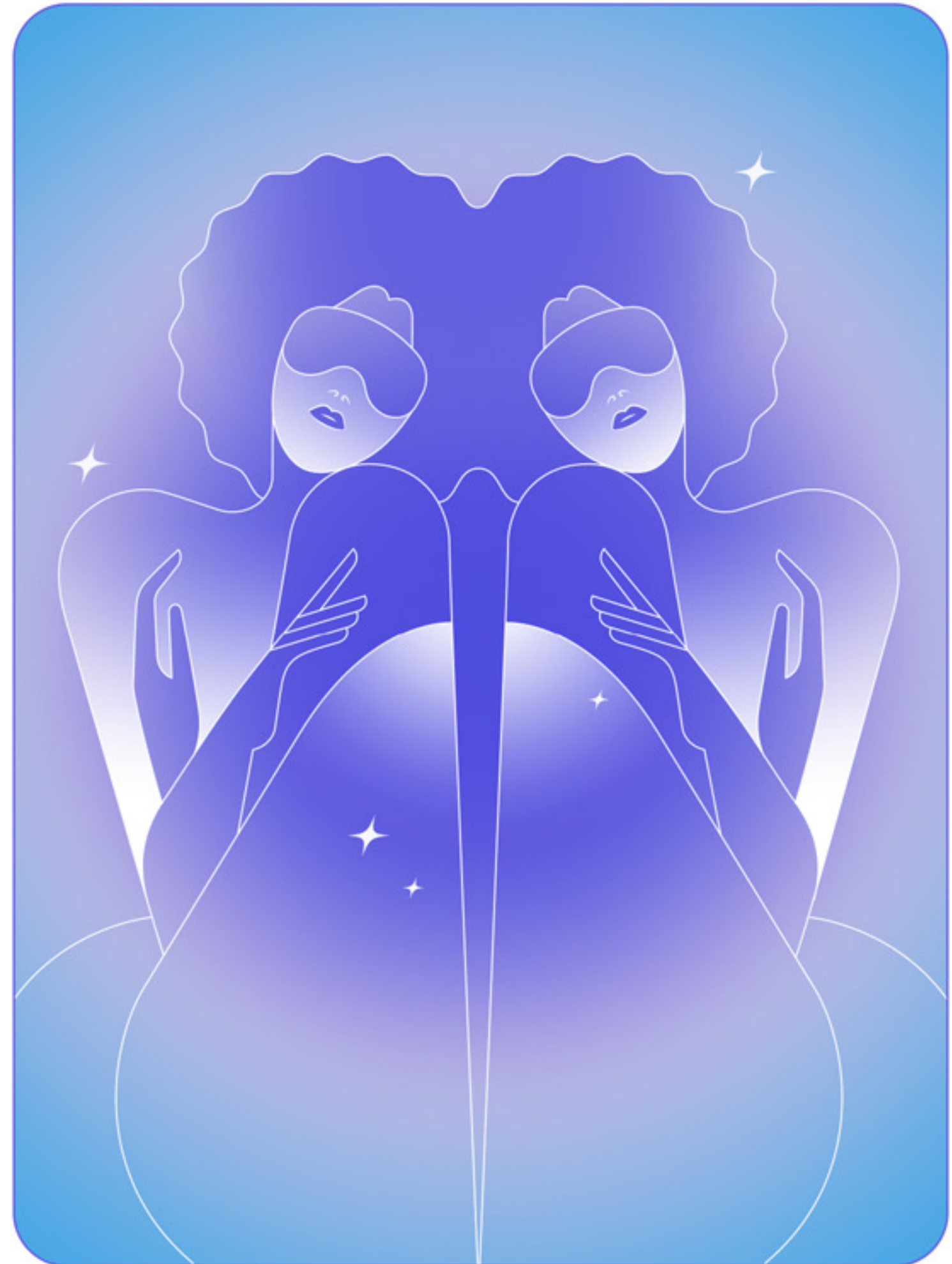


THE VAMPIRE COUNCIL

Lay down side by side with your partner, each with your arms crossed gently on your chest, and await the sleepy spirits.

**TIP**

Stiff as a board? Sounds like unchecked stress or anxiety could be wreaking havoc with your sleep. Sink your teeth into stress management techniques like meditation, deep breathing, or mindful movement.



THE BREAKFAST BURRITO

A delicious way to wake up. Get cuddly with your partner in a roll of blankets, and let the morning sunlight warm your faces.

**TIP**

Speaking of burritos, try to finish your last meal of the day three hours before bedtime. Digesting a heavy meal can keep the body too active for sleep. If you do feel peckish before bed, munch on a light snack.



THE TOY STORY

Sleep like a kid again. Spread out across the bed, and encircle yourself with your favorite stuffed animals and pillows.

 **TIP**



Stories aren't just for kids (nor are toys!). Tuning into a Sleep Story is a comforting and effective way to drift off. Sleep Stories are designed for adults and help you shift gears from the chaos of the daily grind to a state of rest and relaxation.



LITERALLY LEMME SLEEP

This solo position is a nap necessity. Lay down wherever you are, using your arm as a pillow, and get some rest and relaxation in the quiet of the afternoon.

TIP



When you're desperate for sleep but it feels elusive, double down on your body's natural sleep hormone, Melatonin. It helps manage your sleep-wake cycle and supplementing Melatonin can help you fall asleep more easily.





WANNA HAVE YOUR BEST SLEEP EVER?

We hope this guide has brought some fun to your bedtime experience. But we also recognize that sleep is serious business. The quality of your sleep has a huge impact on your physical and mental wellbeing. How energetic, present, and focused you feel today depends on how well you slept last night. So make healthy sleep a lifelong pursuit, and return to the tips and tricks in this guide any time you want to brush up on your Z game.

In case you missed it, please check out the Sleep Story that accompanies this guide. Just download the Calm app, and look for The Calma Sutra, narrated by Kourtney Kardashian Barker. It's a playful way to explore the Calma Sutra sleep positions, but also a relaxing soundtrack for a deep and peaceful sleep.

Just press play and drift away.





Sweet dreams...

