Get Into Bed With Harry Styles: How The Popstar Is Helping You Get A Good Night's Sleep

nternational popstar and arguably one of the most famous faces on the planet, Harry Styles, is about to give you the best night's sleep of your life.

The ex-One Direction heartthrob who holds a cool 28.7 million followers on Instagram has announced his latest collaboration with an unlikely partner, the sleep app, Calm.

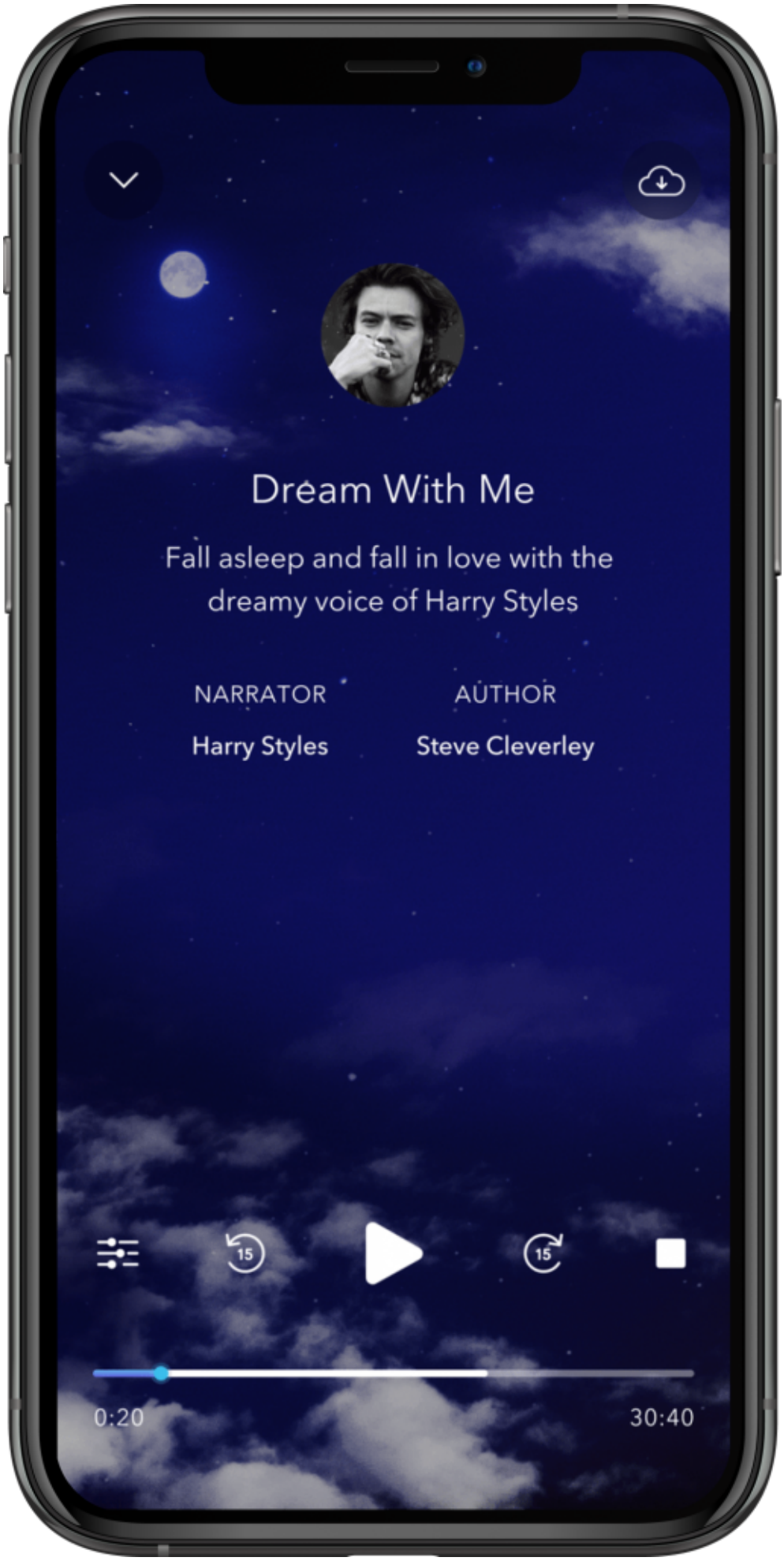
During lockdown Harry swapped singing and dressing like your nan (if you've seen the memes, you'll know) for narrating a 30-minute sleep story titled *Dream with Me.* We're pretty sure a legion of fans have already dreamt about bedding Harry, but this news makes it more of a reality than they ever thought possible.

Fantasies aside, Harry has always been a champion of speaking out about mental health, publicly opening up about his personal experience seeking therapy and the impact it's had on his wellbeing.

The partnership with the app isn't his first foray into the digital sphere, the singer invested in Calm's Series A back in June 2018 and the brand has gone on to become the number one app for mental fitness, designed to help you manage stress, sleep better and generally live a happier, healthier life.

Calm are well aware of the power of Harry and have been teasing the launch since Sunday with tweets that show watermelon emojis – a reference to Harry's recent hit song, *Watermelon Sugar,* with the cryptic words, "This Wednesday."

Dream With Me will, we're sure, lull fans and the some 16million suffering insomniacs here in the UK into a gentle slumber with Harry's dreamy Redditch tones. The northern boy will join the seriously A-list line-up of other Calm contributors, that include everyone from LeBron James to Laura Dern, Matthew McConaughey to Kelly Rowland, Lucy Liu and more.


Dream With Me
Fall asleep and fall in love with the dreamy voice of Harry Styles
NARRATOR
Harry Styles
AUTHOR
Steve Cleverley
15
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