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By Paige Towers • May 27, 2016 at 2:35pm

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A long weekend is upon us, which means a break from dreading Monday morning,

more time in the grass instead of an office chair, and — hopefully — some very good sleep. Fortunately, in regards to the latter, there's a (free!) Moby album that was quietly released earlier this year and is making its way around the internet this week.

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It'd been three years since the iconic artist released an LP. Moby returned with this 11 track ambient album called,

Long Ambients I:

Calm. Sleep, which is available to

download on WeTransfer

or stream on a variety of services, such as Spotify, Tidal or Soundcloud. Moby specifically crafted this serene sounding album to be used for yoga, meditation, panic attacks or sleep; as he describes it on his website

, the over 4hour long album is filled with "really really really quiet music." In fact, the album is entirely devoid of drums and vocals, and instead is made up of ambient synths and mesmerizing soundscapes.

Most of the tracks reach 20 minutes or more — we challenge you to lean back in your lawnchair and try making it through just one without your eyelids getting heavy. Enjoy.

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