



Nine steps to start your relief

1 Charge fully, takes approximately 1 hr. Lenses are blue when charging and turn off when complete.

2 Download the App from Google Play or App Store. You'll need this before you can use your Sana device.



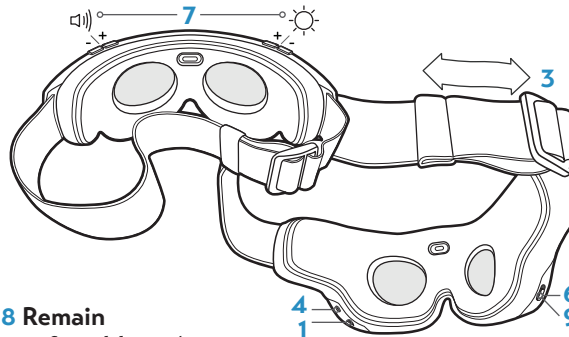
3 Adjust strap to ensure a snug fit.

4 Plug in headphones, using the ones supplied or your own. Turn on the active noise cancellation feature if available.

5 Get ready by relaxing in a comfortable place with your head and neck supported — lounge chair or bed.

6 Turn ON your Sana, connect to the Sana App, press "Start my Relief" on the app and put on your Sana.

7 Adjust brightness and volume so that the light is visible but relaxing through **CLOSED** eyes. Tones should be clear but not loud. Overall you should feel comfortable using Sana.



8 Remain comfortable with **eyes closed**. Sana program will turn off when done.

9 Switch OFF and recharge your Sana so it's ready for the next use. Store it in the case provided.

Patient Code: _____

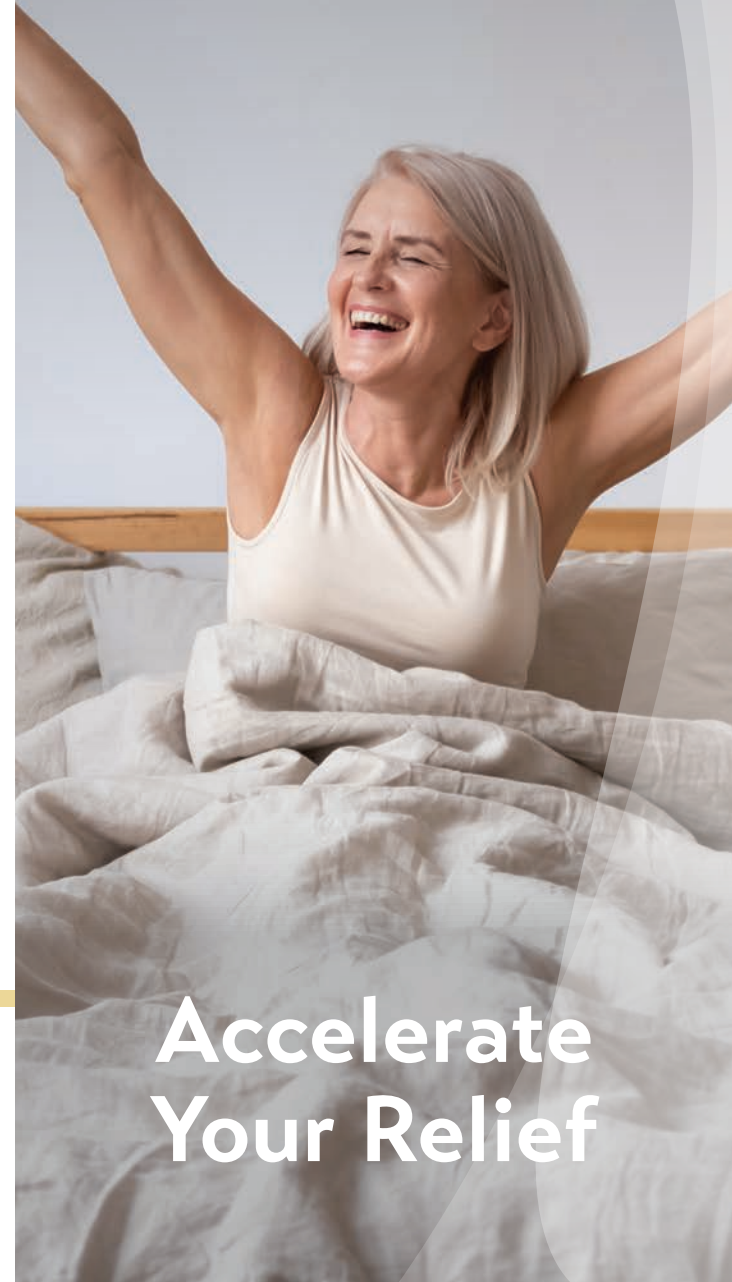
Questions? Contact our support team.

720-310-3370 | support@sana.io | www.sana.io

Visit www.sana.io/instructions-sana-device for our Use and Video Guide.

sana

Relief made possible.



Accelerate Your Relief

What is Sana?

Sana is a non-narcotic, non-addictive wearable mask that guides the user into a state of relaxation using audio visual stimulation.



Sana consists of a simple mask and headphones that are worn on your head to accelerate your mental and physical recovery to support optimal health and wellness.

Benefits of Sana

Use of the Sana can optimize your wellness by:

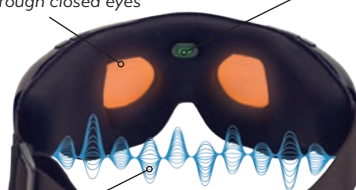
- › Clearing a busy mind
- › Supporting enhanced relaxation
- › Improving sleep management
- › Reducing feelings of stress
- › Enhancing recovery from fatigue

How does Sana work?

Sana will encourage you to move into a more relaxed mental state in 16 minutes through the delivery of very gentle coordinated pulses of light (through closed eyelids) and sound (through commercially available headphones). The pattern of light and sound is intended to encourage you into mental state associated with relaxation, allowing you to fall asleep quickly.

Visual stimulation at low levels of light through closed eyes

Heart rate variability measurement



Audio stimulation through standard headphones

Ongoing use of the Sana resembles the effect of long-term meditative practices, which lead to a more restful state of mind.

Hear from actual Sana clients*

Kris, a stay-at-home mom who homeschools her kids

"My energy level came back to normal after the first use."

"It has helped quiet my mind."

Elaine, a university student

Steve, a daily Sana user

"The more I use it, the better sleep I get."

"When I use my Sana, I find that it's very calming and relaxing."

Bob, an American Airlines pilot

*Sana is not approved by the FDA for the treatment of any specific medical condition.