

## Case Study



# SLEEP & MOOD

Improving sleep and mood while managing chronic conditions

# Meet Mark

## 33, Stay-at-Home Dad

Mark, who has issues with sleep and mood stabilization, caused by chronic pain and a TBI, incorporated the Sana device into daily life, seeing improvement in his overall sleep quality and mood.

### Mark's Story

Mark has suffered with Complex Regional Pain Syndrome (CRPS) resulting from a motor scooter accident in 2018. In addition to causing persistent pain throughout his body, he also suffered a traumatic brain injury (TBI) in the accident which causes mild cognitive impairment with memory loss, leading to fatigue and very poor sleep.

### Building a Routine

When he decided to try Sana, Mark was hoping to get better sleep and hopefully get a bit of relief from his constant pain. He also hoped to lower the doses of the medications he takes.

Additionally, he often finds that his mood is not good, so mood-boosting was a benefit he hoped to find. With everything he has tried, his expectations were not high, but he did hope to find some relief. Upon his first few uses of the device, he was pleasantly surprised by the rapid improvements he saw.

### Finding Relief with Sana

The Sana Device has greatly impacted Mark and his conditions. He is sleeping so much better than prior to having Sana and his pain is decreasing as the days go on. Within the 16-minute session, sometimes Mark will become so relaxed that he'll be asleep by the end of the session.

Mark's long-term goals with the Sana device are to continue to use it daily, at least once, to get better sleep, cut down on pain, and hopefully eliminate pain if possible.

His wife has noticed a change and will sometimes suggest that he go "take a treatment."



“ The Sana device has absolutely helped improve my conditions and I'm so thankful for this device. I don't know what I would have done if I hadn't found this. ”

**For more information: [info@sana.io](mailto:info@sana.io) // [www.sana.io](http://www.sana.io)**

\*Sana is not currently approved for any FDA medical indication.

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Relief made possible.