

Case Study

STRESS

Meet Jessica

44, Stay-at-Home Mom

Jessica has suffered from a number of health concerns that have caused her to experience stress and fatigue.

Jessica's Story

Jessica has a number of health concerns, including fibromyalgia, ankylosing spondylitis (an inflammatory condition), and cancer. These co-occurring conditions have caused symptoms including stress and extreme fatigue. The level of fatigue that she was experiencing prior to using Sana meant that she was sleeping up to 16 hours per day. At the recommendation of her doctor, she decided to give the Sana device a try. She says, "at that point I felt like I would try anything."

Building a Routine

Jessica started using her Sana device and noticed that she started to have more energy and require less sleep to feel refreshed. Regular use of the Sana device over the past 2 years has given Jessica relief from her symptoms and helped her manage her stress.

Finding Relief with Sana

Before Jessica got sick she wasn't happy unless she was socializing, traveling, or visiting friends. Her illnesses made it impossible to do those things, which impacted her mood and well-being. Using Sana has reduced her feelings of stress around traveling, so she has been able to resume activities that bring her joy. Additionally, Jessica notes that prior to using Sana, she needed so much sleep to feel refreshed that it was impeding on her ability to participate in life. Now, she has better quality sleep, offering more energy and reducing her level of stress.

Jessica has been using the Sana device for over two years. She enjoys back-to-back Sana sessions and finds that she feels "zen and relaxed" when she does multiple sessions in a row.

For more information: info@sana.io // www.sana.io

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



“With Sana, I am able to participate in life. Something is centering me and something is grounding me. I can be in the moment.”

sana | health.
Relief made possible.