

# Case Study

# STRESS

# Meet Sam

45, Social Worker

Sana Health customer, Sam, has experienced stress and worry for as long as he can remember, negatively affecting his sleep, which in turn has affected his energy levels and mood. Ongoing use of the Sana has significantly improved his levels of stress.

## Sam's Story

Sam was seeking relief from his long-term struggles with stress, worry, and sleep disturbances. He had used medication and sometimes cannabis or alcohol to calm down. He was searching for a healthy, non-pharmacological solution. He heard about the Sana device on a podcast and purchased a subscription, hoping for improvements in his stress levels, mood, and sleep quality.

## Building a Routine

As a longtime meditator and someone active in the wellness space, Sam had extensive experience with various stress management techniques. When he first began using Sana, he found that he was experiencing changes as his brain adjusted to using the device. Then, after about 4 weeks of regular use, he experienced a drastic improvement in his stress, worry, and overall mood.

## Finding Relief with Sana

Sam now finds that his sleep quality has improved so much that he no longer needs as much sleep, and is waking earlier and ready to start his day. He has stopped using his sleep medication, which was a goal for him as it made him groggy. Prior to using Sana, Sam was experiencing chronic stress that made it difficult to sleep, sometimes made it hard to breathe, and resulted in fatigue, frequent bad moods, and irritability.

Sana has given him relief and helped him find relaxation, ease, and more energy.



“ I have more energy but am calmer at the same time. ”

**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.