

# Case Study



# SLEEP

# Meet Zach

37, Computer Programmer/Coder

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

## Zach's Story

Zach was involved in an accident 12 years ago that left him with sleep issues caused by chronic pain. After trying many treatments, some with significant side effects, he found no relief. Zach learned about the Sana device and decided to give it a try to see if it could help him with better sleep management.

## Building a Routine

Zach ordered a Sana device and noticed improvement in the management of his sleep after his first Sana session. With consistent daily use, he has experienced continual improvement in his sleep quality.

Prior to ordering and using his Sana device, he was waking up an average of 3-4 times per night. After only a month of consistent daily use, Zach notes that he now only wakes 1-2 times per night and that he has longer durations of restful sleep, leading to better overall recovery from fatigue.

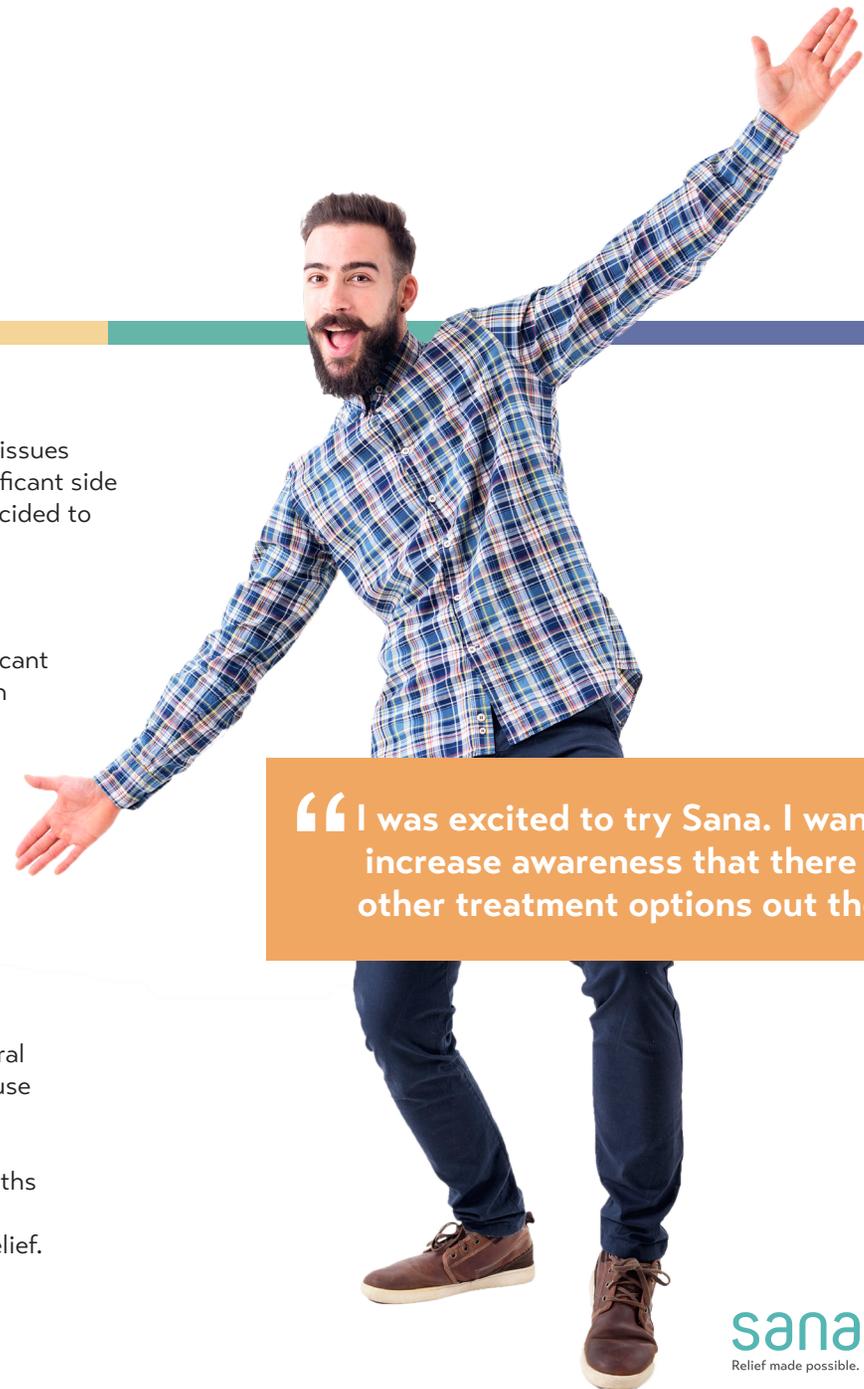
## Finding Relief with Sana

Zach notes that the most significant overall improvement he has seen from his daily use of the Sana device is in his sleep quality. Additionally, he has identified that when he doesn't use the Sana device daily, he is not as rested, which has a direct negative correlation on his overall mood and emotions.

Family members have noticed a marked improvement in Zach's overall mood over the past several months as he incorporated the use of the Sana device into his daily habits. Zach has extended his 3-month subscription to 18-months and plans to continue to use his Sana device daily for ongoing relief.

**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.



“ I was excited to try Sana. I want to increase awareness that there are other treatment options out there. ”

**sana** | health.  
Relief made possible.