

Prior to following the steps below, please make sure the power switch on the mask is in the “Off” position. This can be accomplished by sliding the power switch away from the nose. The device will be powered on before the pairing process is initiated.

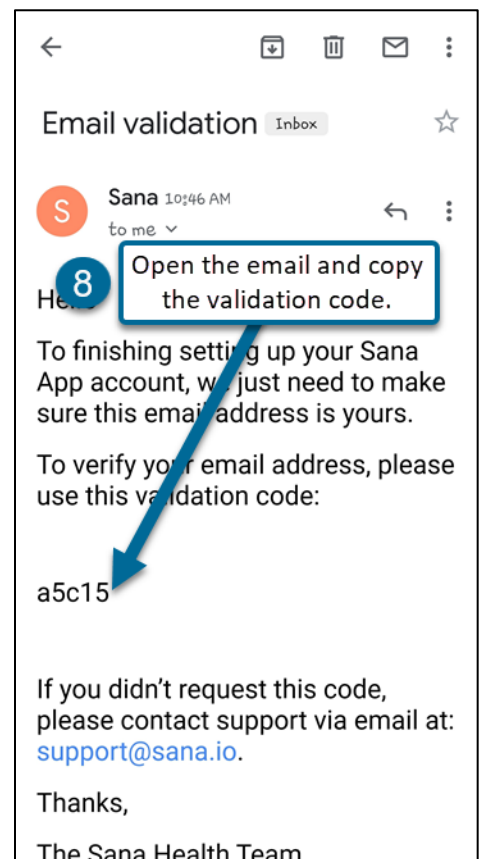
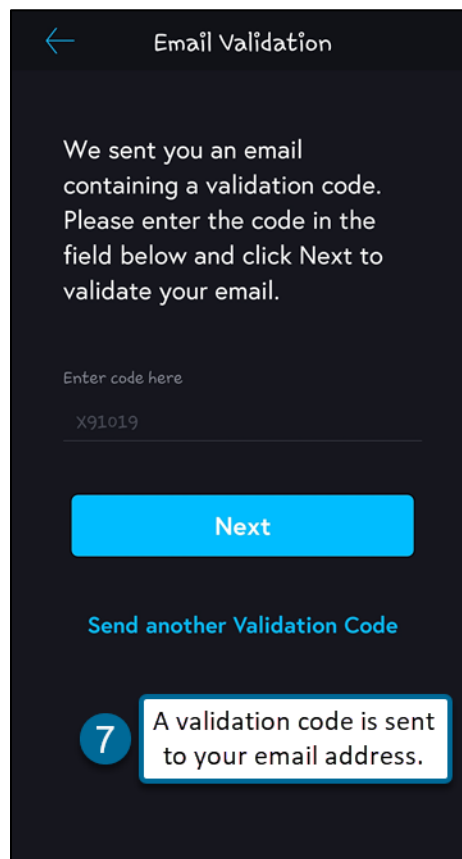
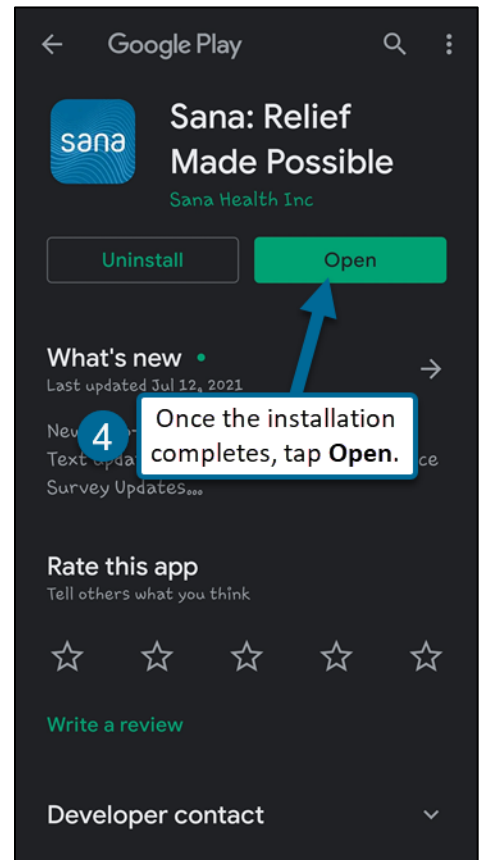
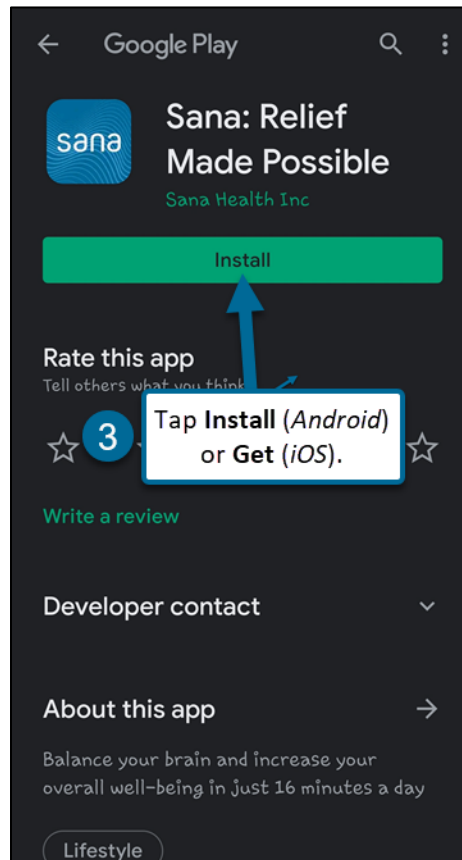
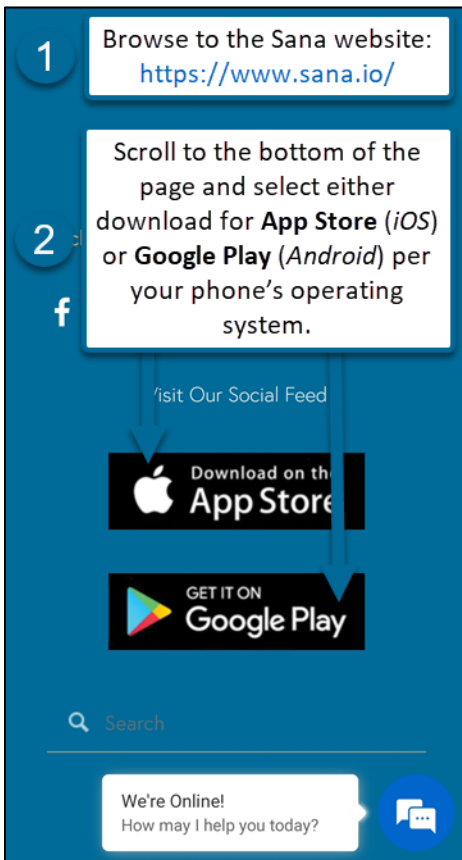
If you’ve already signed up in the app and want to proceed with pairing your app to the mask, please skip to **Step 22** after opening the app.

Auto-Save is enabled by default.

- To disable it, tap **More** (*three dots*) > **Preferences** > disable **Auto-Save** > tap **Save**.
1. Browse to the Sana website: <https://www.sana.io/>
 2. Scroll to the bottom of the page and select either download for **App Store** (*iOS*) or **Google Play** (*Android*) per your phone’s operating system.
 3. Tap **Install** (*Android*) or **Get** (*iOS*).
 4. Once the installation completes, tap **Open**.
 5. Enter your **Email**, **Age**, **Password**, and **Confirm Password**.
 6. Tap **Sign Up**.
 7. A validation code is sent to your email address.
 8. Open the email and copy the validation code.
 9. Go back to the Sana Relief app, paste the code in, and tap **Next**.
 10. Tap **Got It**.
 11. Enter in your **First Name** and **Last Name**.
 12. **Participant ID** is only for Mighty participants. Please leave this blank if you’re not a Mighty participant.
 13. Select your **Gender** and **Race** or *Decline to answer*.
 14. Enter your **Mobile Number**. (10 digits)
 15. Enter your **Zipcode**.
 16. Tap **Next**.
 17. Use the sliders to describe your average *Sleep Quality*, *Pain*, and *Mood*, and tap **Next**.
 18. Rank the importance of your *Sleep Quality*, *Pain*, and *Mood*, and tap **Next**.
 19. Check the box by “I accept the terms and conditions” and tap **Next**.
 20. Optionally, watch our *Getting Started Video*, or tap **Finish**.
 21. If prompted, tap **Allow** to allow Sana access to the device’s *location* and *Bluetooth*.
 22. Tap **Connect your Sana Device**.
 23. On the mask, slide the power switch to the “On” position and tap **Next**.
 24. If *Bluetooth* isn’t already enabled, you’ll be prompted. Please allow this access and tap **Next**.
 25. The app will begin searching for the mask.
 26. If the app can’t find the device, you’ll see a “No Sana devices found.” message.
 - a. If this happens, ensure *Bluetooth* and *location* services are enabled, turn the mask off and on, and then tap **Scan Again**.
 27. Once located, you’ll see something like **Sana-52B2CA**. Tap this to connect your device.
 28. The app will then begin connecting with your mask.
 29. Tap **Next** when the pairing completes.
 30. Tap **Start Scan** if applicable.
 31. Tap **Start Your Relief**.
 32. Use the sliders to enter your current *Sleep Quality*, *Pain*, and *Mood* levels.
 - a. This is optional. If you’d like to monitor your **Sana Score**, please set these.
 33. Optionally, enter **Journal Notes** and tap **Continue**.
 34. If no changes were made to the sliders, you’ll be prompted to **Adjust** them or **Continue** without indicating values.

- 35. When you're ready to begin a *Relief Session*, tap the **Play** button.
- 36. After pressing the **Play** button, the timer will count down for 5 seconds before starting.
- 37. If you wish to stop the session at any point, tap the **Stop** button.
- 38. If pressing **Stop**, you'll have the option to **Save** the session data, **Discard** it, or **Cancel** to continue with the session.

- 39. If you're having issues with your Sana Device, tap the **Question Mark** icon in the top-right corner.
- 40. Support information can be viewed here.
- 41. Dismiss the prompt by tapping **Got It!**
- 42. After the session completes and if **Auto-Save** is *enabled* (it's enabled by default), you'll be taken to the app's **My Relief** tab.
- 43. After the session completes and if **Auto-Save** is *disabled*, you'll be prompted to **Save** the session data, **Discard** it, or enable **Auto-Save in Future**.
- 44. The **My Relief** tab with the **Start Scan** button will show once the session is fully completed.



← Email Validation

We sent you an email containing a validation code. Please enter the code in the field below and click Next to validate your email.

Enter code here

a5c15

Next

Send another Validation Code

9 Go back to the Sana Relief app, paste the code in, and tap **Next**.

←

sana

Welcome to your Sana!

Please take a few moments to help us get to know you.

10 Tap Got It.

Got It

← Create Profile

Step 1 of 5

First Name

First Name

Last Name

Last Name

Participant ID

Mighty Trial Participants only

Mighty participants, please enter your Participant ID. If you need help finding your ID, email support@sana.io. If you are not a Mighty participant, please leave blank.

Gender

11 Enter in your First Name and Last Name.

12 Participant ID is only for Mighty participants. Please leave this blank if you're not a Mighty participant.

Do not identify

Decline to answer

← Create Profile

Gender

Female

Male

Do not identify

Decline to answer

Race

Asian

America Indian or Alaska Native

Black or African American

Native Hawaiian or other Pacific Islander

White

Hispanic, Latino or Spanish origin

Decline to answer

13 Select your Gender and Race or Decline to answer.

← Create Profile

America Indian or Alaska Native

Black or African American

Native Hawaiian or other Pacific Islander

White

Hispanic, Latino or Spanish origin

Decline to answer

Mobile Number

3144132552

Zipcode

Zipcode

14 Enter your Mobile Number. (10 digits)

15 Enter your Zipcode.

16 Tap Next.

Next

← Create Profile

Step 2 of 5

Over the past month, how would you describe:

Average Sleep Quality

Excellent

Average Pain

No Pain

Average Mood

Excellent

Terrible

17 Use the sliders to describe your average Sleep Quality, Pain, and Mood, and tap Next.

Next

