

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.

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GET IT ON Google Play

We're Online! How may I help you today?

Google Play

Sana: Relief Made Possible
Sana Health Inc

Install

Rate this app
Tell others what you think

3 Tap **Install (Android)** or **Get (iOS)**.

Write a review

Developer contact

About this app

Balance your brain and increase your overall well-being in just 16 minutes a day

Lifestyle

Google Play

Sana: Relief Made Possible
Sana Health Inc

Uninstall Open

What's new
Last updated Jul 12, 2021

4 Once the installation completes, tap **Open**.

Rate this app
Tell others what you think

Developer contact

sana

Sign Up Log In

Email
johnsmith@example.com

Age
Minimum age is 18

5 Enter your **Email, Age, Password, and Confirm Password.**

Password
Password show

Confirm Password
Confirm Password show

6 Tap **Sign Up.**

Sign Up

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
X91o19

7 A validation code is sent to your email address.

Next

Send another Validation Code

Email validation Inbox

8 Open the email and copy the validation code.

Sana 10:46 AM
to me

He

To finishing setting up your Sana App account, we just need to make sure this email address is yours.

To verify your email address, please use this validation code:

a5c15

If you didn't request this code, please contact support via email at: support@sana.io.

Thanks,
The Sana Health Team











