



CATEGORIES

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Insomnia Plus



Welcome to the Insomnia Plus! Plus is an additional monthly subscription to Insomnia that provides secure and continuous sync across all of your devices.

Getting started is quick and easy. Once you [signup](#), you will receive a verification email. Then, you are ready to start using the app.

Setting Up Sync

After you are logged in, click the button in the bottom of the sidebar to open the sync settings.



Sync is configured per workspace, and there are two modes that you can set.

- `automatic` data is synced automatically when something changes
- `manual` data can be pushed or pulled from the sync settings dialog (think Git)

Conclusion

That's basically all there is to sync. If you are working on a team, be sure to take a look at [Team Sync](#) which allows you to collaborate with others on the same workspaces.

Did this answer your question?



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