

With SONAR Starter, you have access to the **Lane Signal** app, the **Critical Events** and **Global Pages**. All three are available on the left-hand side within SONAR. If you have any questions while getting started, simply use the in-app chat and FreightWaves' Customer Success Team members are happy to help!

## CHECK OUT THE SONAR TUTORIAL VIDEOS TO HELP YOU GET STARTED

These videos walk you through various SONAR features and functions. Learn how to navigate the platform, and start utilizing SONAR with the [SONAR Starter Tutorial Video](#).

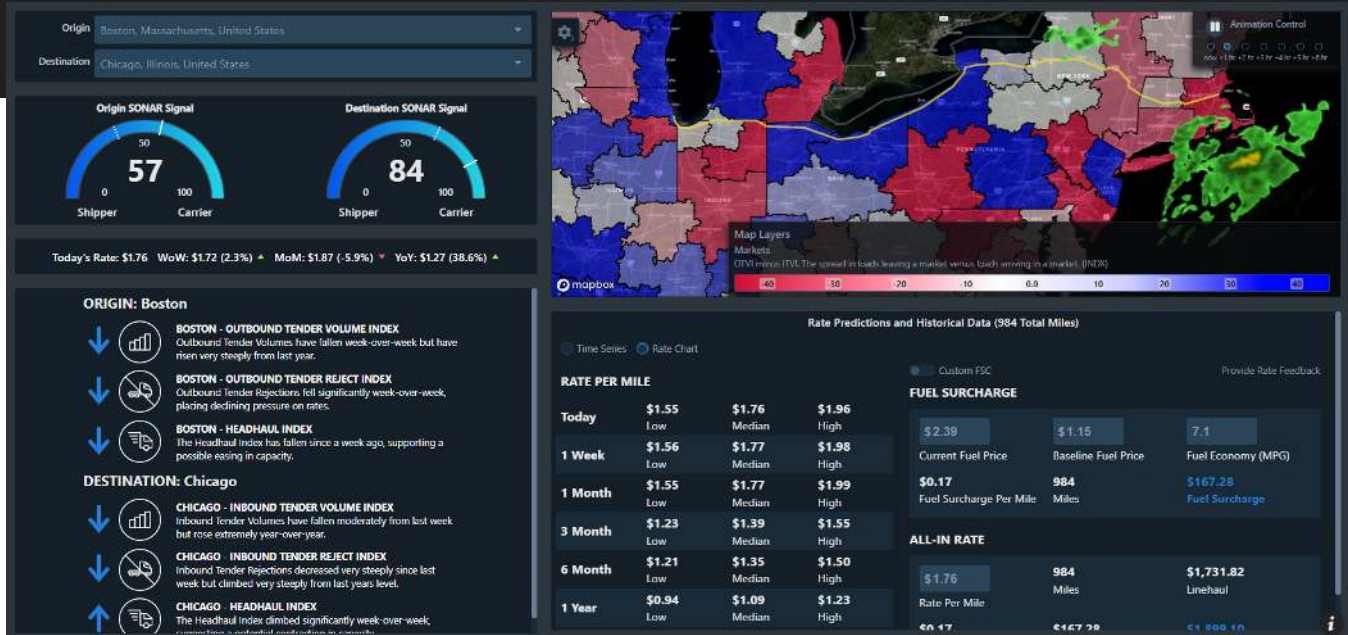
## UNDERSTAND THE DATA AND AVAILABLE FEATURES

Then take a look at [the most popular trucking indexes](#) to better understand the data, as well as a detailed overview of each feature and how it can help your business.

## GLOBAL PAGES

At SONAR's bottom left corner are the Global Pages, giving you quick access to information. All pages are created by FreightWaves, and cannot be edited. A quick explanation of each:

- [Critical Events Page](#): keep tabs on any severe weather or natural disaster.
- [US Summary Page](#): see the overall condition of the freight markets.
  - Chart 1: Year-over-year volumes on a national level
  - Chart 2: Year-over-year rejections on national level
  - Chart 3: US volume overlay with rejections
  - Chart 4: ROTRI, FOTRI, VOTRI on US level
  - Chart 5: OTRI vs TSTOPVRPM.USA - Rates and rejections correlate
  - Chart 6: Length of Haul rejections on national level
- CV19 Dashboard shows the [volatility widget](#), a heat map list of the [Weighted Rejection Index](#) and the Headhaul Index.
- CV19 Trucking Page: a watchlist showing some of SONAR's top data sets. On the right are [Truckstop.com Weekly Rates](#) for the Top 103 van, reefer and flatbed lanes.
- CV19 Maritime: [imports and exports data](#). The right shows the Maritime Export Shipments and Import Shipments by Port.
- **The video page is very important.** This has all of the SONAR instructional videos and training around the widgets like the map, watchlists and volatility.



### LANE SIGNAL

You can view [Lane Signal](#) by looking under the Apps at the top left. Type an Origin/Destination pair into the app and quickly see what is happening on that lane.

- SONAR Lane Signal was created to see who has the buying power at the origin and the destination. If you see a 0-40, shippers have more power; a 40-60 is a neutral market; and 60-100, carriers have more power.
- With Lane Signal, you can see Today's Rate with w/w, m/m and y/y change in rate.
- On the bottom left, there are key data sets, and how they changed over the last week.
- The top right shows the Map with the lane plotted.
- At bottom right are [historic and future rates](#) based on SONAR's cost-based model.

### ADDITIONAL RESOURCES

SONAR provides real-time market conditions and allows subscribers to react accordingly!  
Need additional resources?

- The [Knowledge Center](#) has all you need to know about SONAR and the SONAR data. You can also get to the Knowledge Center by clicking the question mark at the top right.
- Visit SONAR's video library (under Global Pages) to find exactly what you're looking for.
- The [Index Reference Guide](#) breaks out SONAR data, and gives tickers, names and frequency of SONAR data.
- When looking at specific market data, the codes for each are typically airport codes. Click [here](#) to access the codes for each market.