

Title: Sign in with Email and Password

Step-by-step:

1. Open the app

- Go to the app's URL (e.g., <https://www.yourappdomain.com>) or launch the mobile app.

2. Navigate to the login screen

- Tap or click "Sign In" or "Log In" from the homepage or header.

3. Enter your credentials

- Email: Enter the email address you used when you created your account.
- Password: Enter your password. For security, the password field will mask characters as you type.

4. Optional helpers

- Show password: If available, you can toggle "Show Password" to verify what you entered.
- Remember me / Stay signed in: Check this if you want to remain logged in on the device (not recommended on shared devices).

5. Submit

- Tap or click the "Sign In" button.

6. Post-login

- If successful, you'll be redirected to your dashboard or the page you were trying to access.
- If you're blocked by security checks, you may be prompted to complete additional steps (e.g., two-factor authentication, account verification).

Common issues and quick fixes:

- Forgot your password?
 - Click "Forgot password?" on the login screen, enter your email, and follow the reset instructions sent to your inbox.
- Wrong email or password?

- Double-check your email for typos and retry. If you continue to have trouble, use the password reset flow.
- No access to the account?
 - Ensure you're using the correct environment (production vs. staging) and the right account. Contact support if you're unsure.
- Browser/device problems?
 - Try a different browser or device, clear cache, or disable browser extensions that might block requests.

Security tips:

- Use a strong, unique password for your account.
- Do not reuse passwords across sites.
- If available, enable two-factor authentication after logging in.