

# Use Features in the Kong Insomnia GUI

Kong Insomnia provides a robust graphical user interface (GUI) to simplify API development. Below is a detailed guide on how to use **params**, **body**, **auth**, **cookies**, **certificates**, **settings**, and **proxy** within the Insomnia GUI.

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**1. Params (Query Parameters)** Query parameters are used to append data to the URL, typically for GET requests.

- **How to Use:**

- Open the **Debug tab** and select or create a request (e.g., GET).
- Next to the URL field, click the **Query** tab.
- Add key-value pairs for your query parameters. For example, entering `key` as "id" and `value` as "123" will append `?id=123` to your URL.
- To use environment variables, type `{{variableName}}` in the value field (e.g., `{{userId}}`).
- Enable or disable specific parameters by toggling the checkbox next to each pair.

- **Example:**

For a URL like `https://api.example.com/users?id=123`, add:

- Key: `id`
  - Value: `123`
- Insomnia will automatically format the URL with the query string.
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**2. Body** The body is used to send data with requests like POST or PUT.

- **How to Use:**

- In the **Debug tab**, select a request (e.g., POST or PUT).
- Switch to the **Body** tab below the URL field.
- Choose a body type from the dropdown:

- \* **JSON:** Enter JSON data (e.g., {"name": "John", "age": 30}).

- \* **Form URL-Encoded:** Add key-value pairs, similar to query parameters.

- \* **Multipart Form:** Add fields or upload files for forms with file attachments.

- \* **Raw:** Input plain text or other formats (e.g., XML).

- Use environment variables by typing {{variableName}} within the body content.

- **Example:**

For a POST request sending JSON:

- Select **JSON** from the dropdown.

- Enter: {"name": "John", "age": "{{userAge}}"}.

Insomnia will set the Content-Type header to application/json automatically.

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**3. Auth (Authentication)** Authentication settings allow you to include credentials or tokens in your requests.

- **How to Use:**

- In the **Debug tab**, select your request.

- Go to the **Auth** tab.

- Choose an authentication type from the dropdown:

- \* **Basic Auth:** Enter a username and password.

- \* **Bearer Token:** Paste your token (e.g., a JWT).

- \* **OAuth 2.0:** Configure client ID, secret, and other details for OAuth flows.

- \* **API Key:** Add a key-value pair (e.g., Key: Authorization, Value: your-api-key).

- Insomnia automatically adds the authentication details to the request headers.

- **Example:**

For a Bearer Token:

- Select **Bearer Token**.

- Paste your token (e.g., abc123xyz).

The request header will include: Authorization: Bearer abc123xyz.

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#### 4. Cookies Cookies are managed automatically but can be viewed or edited manually.

- **How to Use:**

- Insomnia stores cookies received from server responses per workspace.

- To manage cookies:

- \* Go to **Preferences** (Ctrl + , or Cmd + , on macOS).

- \* Navigate to **Data > Cookie Jar**.

- \* View, edit, or delete cookies as needed.

- Cookies persist across requests in the same workspace and are sent automatically with subsequent requests.

- **Tip:**

If you need to test with specific cookies, manually add them in the **Cookie Jar** for the relevant domain.

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#### 5. Certificates Client certificates are used for HTTPS requests requiring mutual TLS authentication.

- **How to Use:**

- Go to **Preferences** (Ctrl + , or Cmd + ,).

- Select the **Certificates** section.

- Click **Add Certificate:**

- \* Provide the certificate file (e.g., .pem, .crt).

- \* Add the private key file and an optional passphrase if required.

- \* Associate the certificate with specific hosts (e.g., `api.example.com`).

- Insomnia will use the certificate for requests to the specified hosts.

- **Example:**

For `api.example.com` requiring a certificate:

- Upload `client.crt` and `client.key`.

- Set Host to `api.example.com`.

Requests to this domain will include the certificate.

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## 6. Settings

Settings allow you to customize Insomnia's behavior.

- **How to Use:**

- Access via **Preferences** (Ctrl + , or Cmd + ,).

- Key options include:

- \* **Theme:** Switch between light, dark, or system default.

- \* **Proxy:** Configure proxy settings (see below).

- \* **Plugins:** Install additional functionality (e.g., custom response formatters).

- \* **Data:** Manage Local Vault for secure storage of sensitive data like API keys.

- **Tip:**

Use the **Local Vault** to store sensitive values (e.g., tokens) securely instead of hardcoding them.

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## 7. Proxy

Proxies route your requests through a specified server, useful for debugging or corporate networks.

- **How to Use:**

- Go to **Preferences > Proxy**.

- Enable the proxy and enter the proxy server details (e.g., `http://proxy.example.com:8080`).

- For global use, save it here.
- For per-request proxy:
  - \* Click the cog icon next to the request name in the **Debug tab**.
  - \* Override proxy settings in the request-specific configuration.

- **Example:**

To route requests through a corporate proxy:

- Enable proxy in **Preferences**.
  - Set Proxy URL to `http://proxy.example.com:8080`.  
All requests will now use this proxy unless overridden.
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## Summary

Here's a quick recap of how to use these features in the Insomnia GUI:

- **Params:** Add query parameters in the **Query** tab for GET requests.
- **Body:** Send data with POST/PUT requests via the **Body** tab, selecting the format.
- **Auth:** Set up authentication in the **Auth** tab for secure requests.
- **Cookies:** Manage cookies in **Preferences > Cookie Jar**.
- **Certificates:** Add client certificates in **Preferences > Certificates** for HTTPS.
- **Settings:** Customize Insomnia in **Preferences** (themes, plugins, etc.).
- **Proxy:** Configure proxies in **Preferences** or per request.

By leveraging these features, you can efficiently test and debug APIs in Kong Insomnia. Experiment with each section to tailor your workflow!