Owlet

BabySat™ Monitoring System

Monitor your baby's pulse rate and oxygen level from home, gaining real-time insights into key health indicators.

1-18 months

6-30 lbs

FDA Cleared

- Rx Only
- HSA/FSA Approved

**Quick Reference Only
Use Owlet Care+ App for Initial Setup**

Getting Started

Stop... Download the Owlet Care+ App

After downloading, follow the set-up steps in the App, the App will guide you through:

✓ Creating an Account

✓ Account Confirmation

✓ Enabling Push Notifications

✓ Device Setup

✓ Connecting to Wi-fi

✓ Registering the Base Station

✓ Sensor Pairing

✓ Creating a Child Profile

✓ Safety Tutorial

Is BabySat™ right for you and your baby?

1-18 months

6-30 lbs

FDA Cleared

- For use on babies **1-18 months** old and weighing between **6-30 lbs**.
- For use only by adults without vision, hearing, or mental impairments.
- Not a substitute for caregiver supervision.

Device Overview

Base Station   **Sensor**

Owlet Care+ App   **Socks (4)**   **USB Power Cable & Plug**

Size 1: Left & Right   **Size 2:** Left & Right
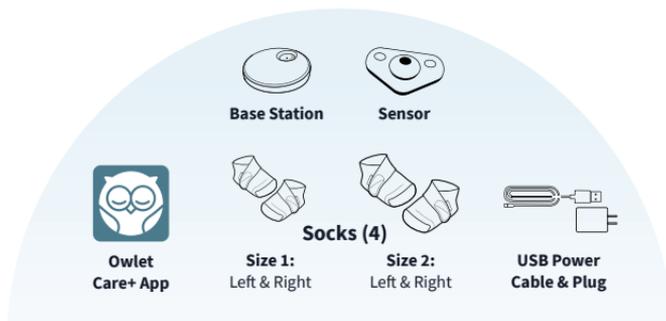
BabySat™ is a pulse oximeter that measures pulse rate and oxygen levels.

The Sock holds the Sensor on the baby's foot. The Sensor gathers your baby's readings and sends it to the Base Station, which sends it to your mobile device.

Additional help and assistance

Setting Up BabySat™

Use the Owlet Care+ App to set up and use your new BabySat™ device.

User Manual

Find the full User Manual in the **App** by going to:
Guide → User Manual

Guide

User Manual

Additional Questions

Find a comprehensive list of Frequently Asked Questions in the App by going to: *Guide → Frequently Asked Questions*

Guide → **FAQ**

Frequently Asked Questions

Still Need Help?

Contact Owlet for assistance in setting up, using or maintaining the BabySat™ device, or to report unexpected performance and operational issues.

Owlet Baby Care, Inc.
3300 Ashton Blvd, Suite 300 Lehi, UT 84043 USA
+1 (844) 334-5330 | www.owletcare.com

CAUTION: This guide is not a substitute for the full User Manual. Read the full User Manual prior to using BabySat™.

Find a Home for the Base Station

Once you have set up the App you will want to place the Base Station in an ideal location in your home. The Base Station location within the home is essential to proper performance and safety. Use the guide on the right of this page to determine the best place for your Base Station.

Sock/Sensor Light
The green light indicates the Base Station is communicating properly with the Sensor.

Wi-fi Light
The green light indicates the Base Station is connected to Wi-Fi.

Button
The Base Station is one big button. Press down on it to turn the Base Station On/Off and Silence/Resume Alarms.
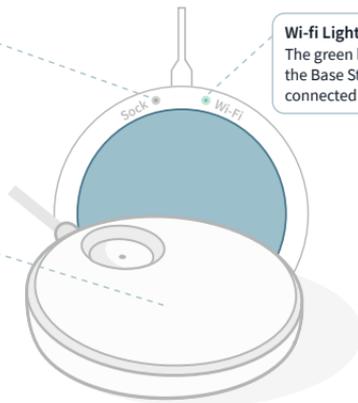
Bluetooth Range Indicator (In App)

Indicates quality of Sensor Bluetooth connection to the Base Station. To improve Sensor connection, move the Base Station closer to the baby.

Recommended

| --- | Poor | Okay | Good |

Placing Your Base Station

The best location may NOT be your baby's room depending on your home. Ideally find a location that matches all the following, however, if a single location cannot fulfill ALL these requirements, the Base Station may need to be **moved during the day** according to individual circumstances. Always double check the Bluetooth Range Indicator when moving the Base Station.

- Place the Base Station **in a location where audible alerts will be heard by the caregiver**. The Base Station is the primary source for all alerts. It should be located so that the caregiver can hear alerts over background noise. Avoid loud media, sound blocking earbuds or other distractions.

- Place the Base Station **in a location where nighttime alerts will wake the caregiver** in order to respond to alerts quickly

- Place the Base Station **within the Wi-Fi Network Range** in order to receive real time alarms. Verify the Wi-Fi light on the Base Station is on.

- Place the Base Station **close enough to the Sensor** for the Sensor's Bluetooth signal to reach the Base Station. Verify Base Station is close enough for the "Range" in the Owlet Care+ App to show "Okay" or "Good" (Green). The max distance will vary, but **never place it more than 100 feet from the baby**.

- Keep the Base Station and cord **away** from the crib and out of baby's reach to reduce **cord strangulation hazards**.

See section 7 in the User Manual for more information.

Owlet Care+ App Quick Reference

Help/More Information
For any additional information on a topic in the App click the nearby help icon.

Status Color
Provides quick view of the Base Station status.

Pulse Rate Alarm Limits
Shows High/Low alarm limit for Pulse Rate.

Pulse Rate
Current pulse rate in beats per minute (BPM).

Sock Name
Displays Sock name.

Base Station & Control
Indicates status of Base Station and allows remote control of the Base Station on/off.

Reading Quality
Indicates how reliable the pulse rate and oxygen levels are on your device.

Base Connection
Indicates the type of connection between Base Station and the App.

Notification History
Shows a 30-day notification summary.
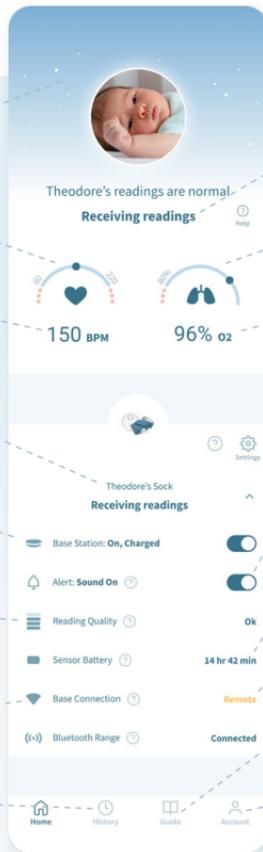
Wiggling Feet
BabySat™ will alarm after 30 seconds of excessive movement and feet will appear.

Status Message
Displays status and alarm details.

SpO2 Alarm Limits
Shows High/Low alarm limit for SpO2 Level.

SpO2 Level
Current oxygen saturation level displayed in percent (%).

Alert & Control
Indicates if audible alerts have been paused.

Sensor Battery
Shows estimated amount of time the Sensor can be used before battery runs out.

Bluetooth Range
Indicates quality of Sensor connection to the Base Station.

Guide
Shows **FAQs** and instructional guides for Sock placement, notification readings, etc.

Account
Shows Profile Information, Help & Support, Child Profiles & Devices

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Theodore's readings are normal
Receiving readings
Help

150 BPM   96% O2

Theodore's Sock
Receiving readings

Base Station: **On, Charged**

Alert: **Sound On**

Reading Quality   Ok

Sensor Battery   14 hr 42 min

Base Connection   Remote

Bluetooth Range   Connected

Home   History   Guide   Account

App Connection Status & Alarms

The App can connect to the Base Station either directly over the same network or remotely through cloud servers. The connection status is indicated by a connection icon and text located on the main screen.

For safety, certain functions are disabled when a Direct Wi-Fi connection is not available.

App Alarms ENABLED when connection status is:
Direct - The mobile device is talking directly to the Base Station on the same network. App will receive alarms and can control the Base Station.

WARNING! Always keep the Base Station in **audible range**. Use the Base Station as your source for alarms and check on the baby first. **DO NOT** rely on mobile device for alarms. The Owlet Care+ App will **ONLY** alarm when open and the mobile device is unlocked and connected to the same Wi-Fi. If the App is closed, it may take additional time to receive and display push notifications.

Notifications may be received when the mobile device is off or locked or the App is closed.

WARNING! These notifications are not real-time and may be delayed several minutes.

WARNING! The App will not receive real-time alerts if there is no Direct connection.

The App will **NOT** give alarms when showing: Alarms Unavailable in App

App Alarms Disabled when connection status is:	
	Remote The mobile device is not on the same network. App will show current status but will not receive alarms and cannot control the Base Station.
	Wait The App is trying to establish a connection to the Base Station.
	Disconnected Check Base Station Wi-Fi connection. Wi-Fi light on bottom of Base Station should be on.
	No Network Check your mobile device connection to the internet.
	Mobile Device Locked/Off App is not open or active, the mobile device is locked or turned off.

To enable alarms, connect the Base Station and App to the same Wi-Fi network.

Sock Size, Fit & Placement

Proper Sock size, fit and placement is essential for BabySat™ performance.

1. Take the Sensor off the Base Station

When you take the Sensor off the charging port the Base Station will start bouncing green, indicating that the Sensor is looking for readings.

2. Choose a starting size

Each box comes with 4 Socks — 2 sizes for both left and right feet. Use the guide below to choose a starting Sock size based on weight. Then switch Sock size based on **actual** fit.

Left Sock
Size 1: Less than 12 lbs

Right Sock
Size 1: Less than 12 lbs

Size 2: 12-30 lbs

Size 2: 12-30 lbs

Hand Wash Only   SIZE 2 / RIGHT
12-30lbs/5.4-13.6kg
www.owletcare.com
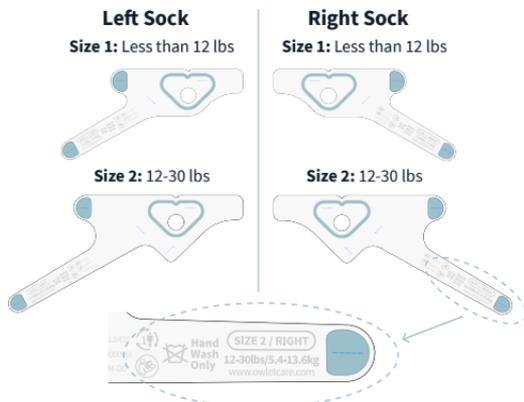
CAUTION. Regularly verify Sock fit. The baby's actual foot size may differ from the guidelines and babies grow quickly. Stop using the system when your baby reaches **30 lbs** or outgrows the largest Sock.

3. Insert the Sensor (if not already inserted)

The notch on the Sensor should line up with the notch in the Sock. Stretch Sock hole over the Sensor.

4. Position the Sock

Place the Sock on the corresponding foot (left/right) with the **notch on the outside** of the foot **behind** the pinky toe. The Sock should **NOT** touch the toes. The word "**TOP**" should be placed on the top of the foot **near the toes** and not at the ankle.

(1)   notch

(2)
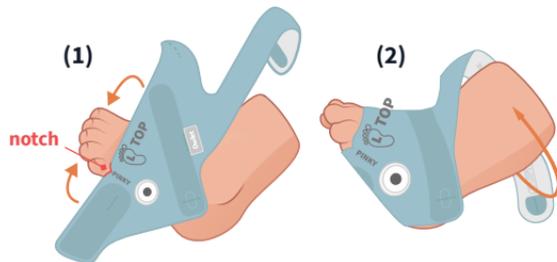
Secure the hook and loop fastener from the toe strap (1) and then secure the ankle strap (2). Do **NOT** stretch when fastening. Let the hook and loop fastener pieces connect naturally without stretching or gaps.

5. Verify Sock Fit & Placement

WARNING! Improper Sock fit or care can lead to injury to the skin.

Match Sock to Foot

Make sure to use the left Sock for the left foot and the right Sock for the right foot. Each Sock is marked with "**Right**" or "**Left**".

Verify **Right/Left** foot with Sock Markings
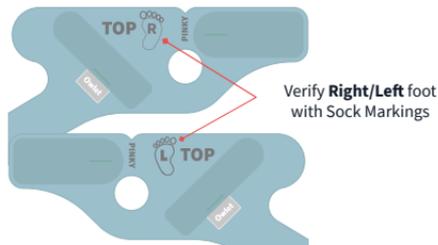
Protect Sensitive Parts

- Make sure the abrasive part of hook and loop fastener is not touching the skin.
- Sock should not extend over the toes.
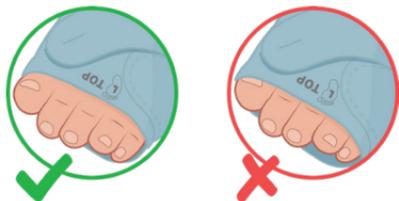
See section 8.1 in the User Manual for more information.

Check Sock Size

Sock too small: If either strap fails to naturally reach the hook and loop fastener, try a **larger** Sock size. Do not stretch straps and cinch the Sock too tight.

Sock too large: If either strap goes past the hook and loop fastener, try a **smaller** Sock size. The Sock and hook and loop fastener strap should be snug against the foot.

Too Small
Red/pinched skin

Strap too short

Too Big
Strap too long

Loose around foot

Check Straps: Verify the straps are adjusted correctly. **Do NOT overtighten.**

- Straps should lay flat against the skin but not press into the skin.
- Do not stretch the straps when fastening — this leads to overtightening.

Reading Quality Indicator (In App)

Indicates how reliable the oxygen level measurements are on your mobile device. **Sock Fit & Placement and foot temperature affect reading quality. Adjust Sock placement or warm foot to improve reading quality.**

Recommended

Poor/No Readings   Fair   Okay   Good

Skin Irritation

Incorrect use of the Sock could result in discomfort, potentially leading to red marks, pressure sores or blisters on your baby's foot.

Avoiding Skin Irritation

- Select the **correct size** Sock for your baby.
- **Avoid** using lotions or powders under the Sock. Keep skin clean and dry.
- Ensure the Sock is positioned and **adjusted** correctly.
- Check skin every **4 hours** during first week of use and after changing Sock size. Temporary marking from Sock contact is normal if it fades within 8 hours.
- **Alternate** feet at least every **8 hours**.
- **Hand wash** Sock and Sensor every 2 weeks or when dirty. Dry completely before use.
- **Check** your child's feet for irritation each time you apply the Sock. Do **NOT** apply to a foot with skin irritation.

See section 8.2 in the User Manual for more information.

What to do if the skin is irritated

- Discontinue use on the affected foot and apply the Sock only to the unaffected foot until irritation resolves completely.
- If irritation doesn't resolve within 8 hours, contact your Healthcare Provider to determine if a backup pulse oximeter is required.
- Contact Owlet customer support for one-on-one help with avoiding red marks.
- Inspect the skin under the Sock on the unaffected foot every 4 hours to ensure irritation does not recur.
- If irritation appears on both feet, discontinue use, and consult with your Healthcare Provider. Re-applying the Sock and Sensor to irritated skin may cause increased damage to the skin.

Cleaning BabySat™

Caring for your fabric Sock and Sensor & Base Station will make your BabySat™ last longer and be more comfortable for your baby. We recommend washing the **Sock & Sensor at least every two weeks**, and the Base Station at least every 30 days. You may need to wash them more often if they become dirty or soiled.

Hand Washing the Sock and Sensor

The Sock and Sensor should be cleaned every other week or when visibly dirty.

1. (Optional) Turn off Sensor (in App, *Account > Select Device > Turn off Sensor*).

2. The electronic Sensor is water resistant. Gently **hand wash** the fabric Sock and electronic Sensor using lukewarm **running water** and diluted **mild** detergent. Do **NOT** use a washing machine for the Sock or Sensor.

CAUTION. Do NOT submerge the **Sensor** for any length of time.

3. Rinse thoroughly with running lukewarm water to remove **all** detergent.

4. Lay or hang to dry. Dry completely before use or charging the Sensor. Do **NOT** tumble dry.

5. Visually **inspect** the Sock and Sensor to ensure it is completely dry, clean and undamaged before use.

CAUTION. Do **NOT** use caustic or abrasive cleaning agents. Harsh chemicals could damage the Sock or irritate the skin.

Washing the Base Station

The Base Station should be cleaned every 30 days or when visibly dirty.

1. Turn off monitoring and unplug the Base Station
2. Moisten a soft cloth with a mild cleaning solution.
3. Wipe the Base Station with the damp cloth.
4. Wipe the Base Station dry or allow to air dry.

CAUTION. Use cleaning solutions sparingly to avoid getting any liquid in the enclosure.

When to Replace the Sock or Sensor

- Sock is stretched out, fabric is separating or there are holes or rough spots.

- The fabric or Sensor windows are ripped, warped or otherwise damaged.

- Ensure Sock is positioned and **adjusted** correctly.

- The hook and loop fastener has been worn and no longer latches properly.

- Multiple cleanings fail to remove visible stains or dirt.

Base Station Color Reference

The Base Station has multiple status colors, alarm colors and sounds. To hear examples go to the App, once it is set up you can find previews at *Guide > BabySat™ Basics > Alarms: Know what's going on*.

Status Colors

Quick Bouncing or Slow Pulsing Green Light

A quick bouncing green light means the Sensor is acquiring first pulse rate and oxygen saturation readings.

A slow pulsing green light means pulse rate and oxygen saturation are within prescribed alarm limits.

Blinking Orange Light

A blinking orange light means the Sensor charging on the Base Station is paired to a different Base Station.

Solid, pulsing or blinking white light

A solid white light means the Sensor is plugged in and fully charged.

A pulsing white light means the Sensor is plugged in and charging.

A blinking white light means the Sensor is not paired with the Base Station.

Alarms
(See Alarm Types and Meanings on next page for detailed information.)

Flashing red light 🔊

A flashing red is a high priority alarm. Immediately check on baby.

Flashing yellow light 🔊

A flashing yellow light is a medium priority alarm.

Solid cyan light 🔊

The solid cyan (blue) light is a low priority alarm.

Alarm Types and Meanings

BabySat™ produces alarms based on readings when alarm conditions occur. These alarms are designed to keep the baby safe.

Alarm Type	iOS Status Message	Meaning (Alarm Condition)	What you should do
Red: High Priority (Physiological Alarm)	HIGH OXYGEN LEVEL DETECTED!	Oxygen Level has exceeded prescribed limits.	Immediately check on the baby. Use your experience as a caregiver to determine if there is a change in the infant's status that may require intervention and follow any directions provided by your Healthcare Provider.
	LOW OXYGEN LEVEL DETECTED!	Oxygen Level has fallen below prescribed limits.	
	HIGH PULSE RATE DETECTED!	Pulse Rate has exceeded prescribed limits.	
	LOW PULSE RATE DETECTED!	Pulse Rate has fallen below prescribed limits.	
Yellow: Medium Priority (Technical Alarm)	BASE STATION LOST POWER	Base Station has lost line power and is on battery backup power.	Check connections and restore power or discontinue use.
	CONNECTION ISSUE	Sensor is out of range of the Base Station, lost power or has an internal problem.	Check the Range and Sensor battery status in the App.
	DIFFICULTY GETTING READING	Sensor may be placed improperly and data has not updated for more than 90 seconds OR there has been excessive movement for over 4 minutes.	Check the Sensor placement and ensure the baby is not wiggling or being moved (i.e. swing or being held). It may take 10-20 seconds for this alarm to clear once Sensor is repositioned and the baby stops moving. Turn off monitoring until movement stops.
	CHECK SENSOR PLACEMENT	Sensor has fallen off or is not close enough to the skin.	
Cyan: Low Priority (Technical Alarm)	MOVING OVER 30 SECONDS	The data has not updated for 30 seconds. This alarm will change to Difficulty Getting Reading if data continues to be outdated.	Check on baby. Verify Sock placement or turn off monitoring until movement stops.
	SENSOR LOW BATTERY	Sensor battery is low (10 minutes or less).	Discontinue use and charge the Sensor.
	DIRECT CONNECTION LOST (APP ONLY)	The App has lost the Direct Connection to the Base Station.	Verify the Base Station and App are connected to the same Wi-Fi network.
	APP NOT CONNECTED (BASE STATION ONLY)	The App was not opened within 60 seconds of starting monitoring (once per power cycle).	Open the App while on the same Wi-Fi network as the Base Station.
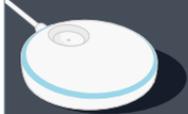
NOTE: The highest priority alarm will be displayed on the Base Station. See App for current alarm conditions.

Modifying Alarm Settings (Limits)

BabySat™ comes set with standard alarm settings. Pulse Rate (BPM) and Oxygen Saturation (SpO2) alarm settings should only be adjusted to prescribed limits made by qualified Healthcare Professionals.

Step 1: From the Home Screen, go to *Device Settings*

Theodore's Sock
Connecting...

🔲 Base Station: **On, Charged**

🔔 Alert: **Sound On**
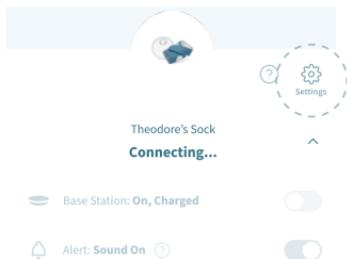
Step 2: Choose "*Modify Alarm Settings*"

Modify Alarm Settings

Step 3: Enable or disable each alarm

❤ **Pulse Rate Alarms (BPM)**

Low Limit
60 BPM   Disable/Enable

High Limit
220 BPM   Disable/Enable

🫁 **Oxygen Saturation Alarms (SpO2 %)**

Low Limit
80%   Disable/Enable

High Limit
100%   Disable/Enable
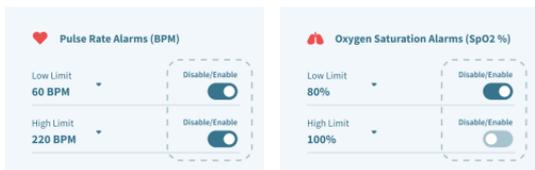
Step 4: Set the limits for each enabled alarm.

❤ **Pulse Rate Alarms (BPM)**

Low Limit
65 BPM   Disable/Enable

High Limit
215 BPM   Disable/Enable

🫁 **Oxygen Saturation Alarms (SpO2 %)**

Low Limit
85%   Disable/Enable

High Limit
100%   Disable/Enable
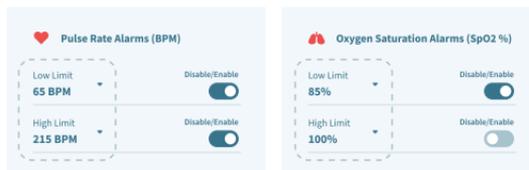
Step 5: When done, tap "*Confirm Alarm Changes*" at the bottom of the screen. The updated alarm settings will show in the dial on the Home screen.

65   215
150 BPM

85%
96% O2
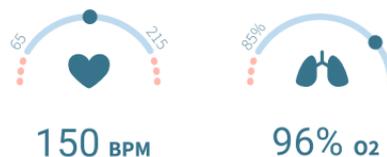
WARNING! Pulse Rate (BPM) and Oxygen Saturation (SpO2) alarm setting should only be adjusted to prescribed limits made by a qualified Healthcare Professional.

CAUTION. Consult your qualified Healthcare Professional about appropriate alarm settings before making any changes.

CAUTION. When disabled, an alarm will no longer be displayed or sounded.

CAUTION. Lower limits can never be set higher than upper limits and vice versa. If a disabled alarm limit is blocking another one, enable it, adjust the value, and then disable the alarm.

NOTE: Always verify threshold set points are set properly by checking the main screen.

Pausing & Resuming Audible Alarms

Audible alarms can be paused for 120 seconds using the Base Station or the Owlet Care+ App. The App will show:

 Alert: Paused

To Pause

On Base Station: Tap the Base Station.
In the App: Tap the Pause button.

PAUSE

To Resume

Audible alarms resume automatically after 120 seconds if the alarm conditions have not cleared or if a different alarm occurs.

When Not Using – Turn off Monitoring and Charge the Sensor

Place the Sensor on the Base Station to stop using the device and charge the Sensor. This also turns off all alarms until the Sensor is removed from the Base Station.

The Base Station will pulse white while the Sensor is charging and switches to solid white when the Sensor is fully charged. The Sensor fully charges in 90 minutes and charges to 8 hours of use in 20 minutes.

Alternatively, press and hold the Base Station until you hear a chirp and the light turns off (monitoring is off). No alarms will sound even if the Sensor is on the baby. A quick tap will turn the Base Station on again and resume monitoring.

Press

Or use the Base toggle button in the App.

Base Station: **On, Charged**

Troubleshooting Guide

Use the following troubleshooting guide to resolve problems related to setup, connection, and operation. For information on troubleshooting alarms, including Technical alarms see previous page.

Problem	Possible Causes	Actions
Cannot see Owlet Wi-Fi during setup	Base Station is not turned on	Plug in the Base Station
	Already connected to a Wi-Fi network	Check if the green Wi-Fi light on the bottom of the Base Station is on. If so, you can skip this step and continue setting up your account in the App.
Cannot see your home Wi-Fi in the Owlet Care+ App	Your home router is 5.0 GHz (Owlet only supports 2.4 GHz)	Make sure your mobile device is connected to a 2.4 GHz network (most 5.0 GHz routers also support 2.4GHz)
Base Station will not connect to your Wi-Fi	Password is incorrect	Double check your Wi-Fi network password
	Base Station is out of range of your Wi-Fi router	Move the Base Station closer to your Wi-Fi router for setup
	Your Wi-Fi is not working	Try re-starting your mobile device and reconnecting to your Wi-Fi or reset your Wi-Fi router.
	The Wi-Fi requires authentication through a browser or has firewall restrictions.	Try a different network.
	Your home router is 5.0 GHz (Owlet only supports 2.4 GHz)	Make sure your mobile device is connected to a 2.4 GHz network (most 5.0 GHz routers also support 2.4GHz)
Unable to log in the Owlet Care+ App	Forgot the password	Reset your password. See Section 12.2 in User Manual.
Sensor will not connect to the Base Station	Sensor is out of range of the Base Station	Move the Base Station to a different location.
	Other devices are interfering with the Sensor.	Move other electronics near the Sensor or the Base Station or move the Base Station to a different location.
The Base Station will not register with your Owlet Care+ App account	The Base Station and your mobile device are not on the same Wi-Fi network	Verify that your mobile device is connected to the same Wi-Fi network as the Base Station
	The Base Station is disconnected from Wi-Fi.	Check the green Wi-Fi light on the bottom of the Base Station. It should be on. If not, then try reconnecting the Base Station to the Wi-Fi network.

Troubleshooting Guide (cont.)

Problem	Possible Causes	Actions
The Base Station is disconnected from the internet.	The Base Station is out of range of your Wi-Fi router.	Move the Base Station and the Wi-Fi router closer together. (NOTE: neither Wi-Fi range extenders nor second routers will help.)
	Your home Wi-Fi is not working.	Reset your Wi-Fi router
The App reset and asking to setup the device again	Base Station was registered to a different user account.	The Base Station can only be registered to one account at a time. Use one account for all caregivers.
	A different account was used during login.	Log out of the App and login with the correct account.
The Base Station turns cyan after rebooting and turning on	Multiple mobile devices are connected via Direct Connection	Turn off the App on other mobile devices that may be connected via Direct connection. Only 2 mobile devices can be connected via Direct Connection at a time.
The App shows Remote Connection when mobile device and Base Station are on the same Wi-Fi network	Multiple mobile devices are connected via Direct Connection	Turn off the App on other mobile devices that may be connected via Direct connection. Only 2 mobile devices can be connected via Direct Connection at a time.
Cannot log out of App	Setup is incomplete	Finish setup or uninstall and then reinstall the App.

Need Help?

Contact Owlet Customer Service

Owlet Baby Care, Inc.
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+1 (844) 334-5330 | www.owletcare.com

For additional information refer to the following sections in the User Manual:

Section	Section Title	Section	Section Title
4	Safety Information	8.1	Verify Sock Fit & Placement
6.2	Base Station	8.2	Skin Irritation
6.3	Sensor	8.5	Alarms & Indicators
6.4	Sock	10	Cleaning
7	Setup BabySat™	13	Troubleshooting
7.3	Understanding the App	16	Technical Information