



## Owlet Dream Sock<sup>®</sup> Quick Reference Only

**Use App for Initial Setup**

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QRG-SSV30TC Rev 7



**WARNING: USE THE OWLET DREAM SOCK AS INDICATED AND REGULATED FOR USE.** Components of this product may or may not be a regulated medical device, as determined by the FDA or other regulatory agencies. The Dream Sock is not intended to diagnose, cure, treat, alleviate or prevent any disease or health condition. The display and notification of Oxygen Saturation and Pulse Rate is regulated by the FDA. It is important to use the device and notifications as intended and described in this manual. Only a health care provider can diagnose a medical condition such as hypoxia (low oxygen saturation levels).

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**WARNING!** Always keep the device and accessories out of the reach of children. Small parts including the Sensor and cables are potential choking hazards. Place the Base Station at least three feet away from the crib, the cord can pose a strangulation hazard.

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**WARNING!** The Base Station is the main source of notifications. **DO NOT** rely on the mobile device for notifications. Always keep the Base Station in audible range. Ensure the Base Station can be heard over ambient noises (example: noise machines or televisions). Ensure the Base Station is not covered.

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**TO PROPERLY USE OUR PRODUCTS AND FOR CARE OF YOUR CHILD: RESPOND PROMPTLY WHENEVER A NOTIFICATION IS PROVIDED.**

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**THE OWLET DREAM SOCK IS NOT A SUBSTITUTE FOR ADULT SUPERVISION OR SAFE SLEEP PRACTICES.** Do not rely solely on the notifications to determine if your baby is safe.

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The Dream Sock's health notifications function is not intended for use with babies less than one month old or weighing less than 6 pounds.

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Base Station model OBL 3.0 (model number located at bottom of Base Station) does not have a backup battery **AND WILL NOT NOTIFY IF THE POWER CORD IS UNPLUGGED.** Please make sure there is a reliable power connection.

# Sock Fit and Sensor Placement

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.

LEFT

## Size 1

6-12 lbs



RIGHT

## Size 1

6-12 lbs



## Size 2

12-30 lbs



## Size 2

12-30 lbs



## Sock sensor

The Sensor contains a battery and gets readings from your child's foot.

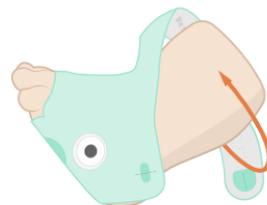
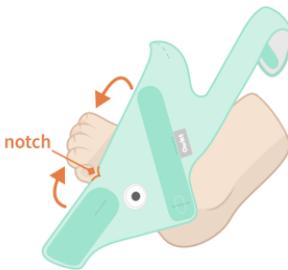


## Sensor placement

Insert the sensor into the sensor template on the sock.

# Sock Placement

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.



## Match Sock to Foot

Make sure to use the left Sock for the left foot and right Sock for the right foot. Each Sock is marked with “R” or “L”.

## Secure the fastener

Around the foot above the toes and then wrap the ankle strap around the back of the ankle and secure it to the top of the foot.

## Do not over tighten

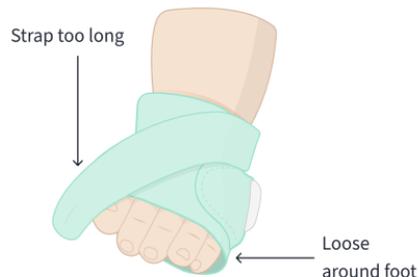
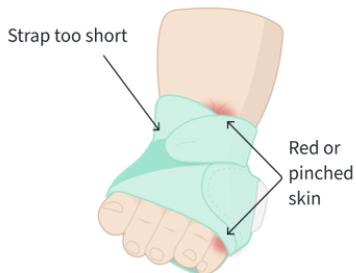
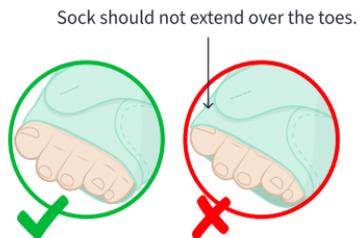
Do NOT stretch when fastening. Let the fastener pieces connect naturally without stretching. The Sock should lay flat against the skin without gaps between the sock and the foot.

# Check Sock Size

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.



## Protect sensitive parts

- Make sure the abrasive part of the strap is not touching the skin.
- Sock should not extend over the toes.

## Sock too small

If either strap fails to naturally reach the fastener, try a larger Sock size. Do NOT stretch the straps and cinch the Sock too tight or it might be uncomfortable for your child.

## Sock too big

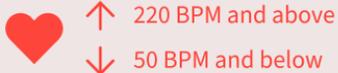
If either strap goes past the fastener, try a smaller Sock size. The Sock and straps should be snug against the foot.

# Health Notifications

Display live Pulse Rate and Oxygen Saturation levels during a sleep session as well as get notifications if Pulse Rate or Oxygen Saturation leave preset ranges

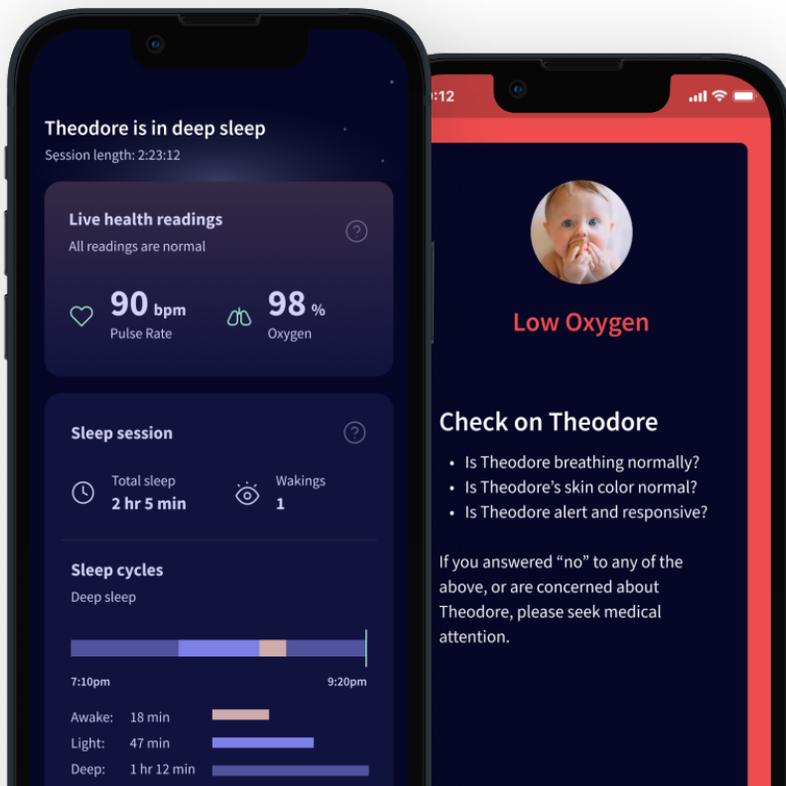
## Pulse Rate ranges

Notification will trigger when your child's Pulse Rate is:



## Oxygen Saturation ranges

Notification will trigger when your child's Oxygen Saturation is:



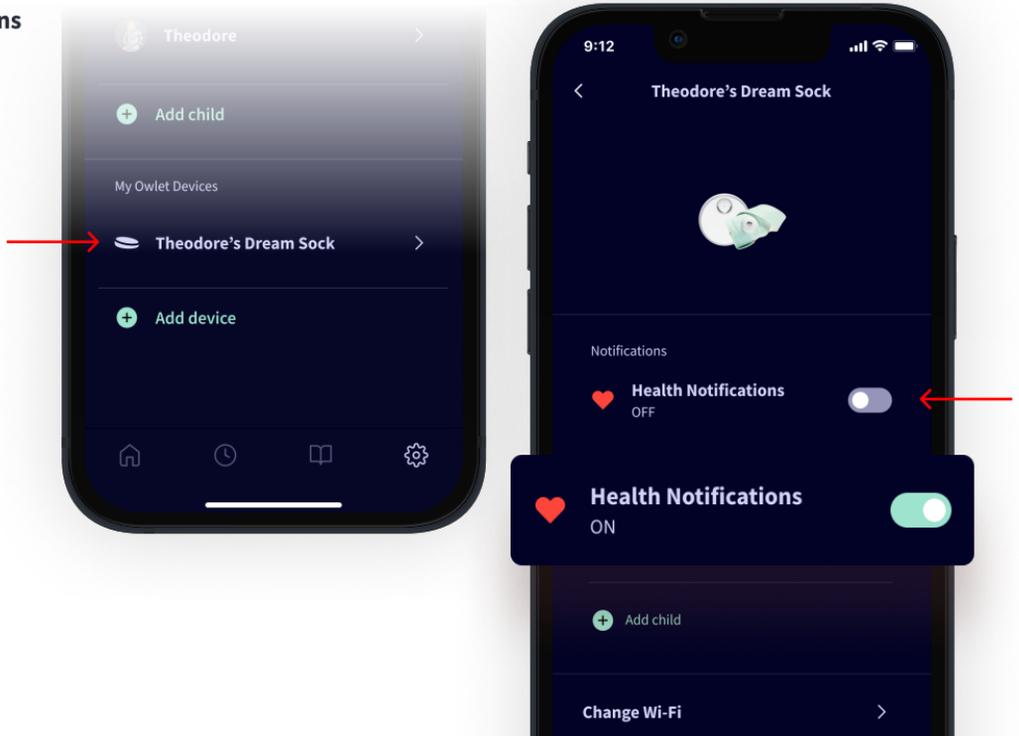
# How to enable Health Notifications

Enable Health Notifications in device settings.

## Enabling Health Notifications

To turn on Health Notifications, navigate to the Sock settings from the account tab.

Then toggle on Health Notifications and complete the required learning. You will be required to test the red notification sound to complete the training.



# Normal ranges for live readings

When receiving a red notification, the very first thing you should do is check on your child and see if they are okay. Things to check on are your child's breathing, skin color (are they blue or pale?), activity, and alertness. If you have concerns that your child is not okay please seek medical attention.

For more information on normal health readings see Section 7.2 in the Dream Sock User Manual

## Pulse Rate

Once Health Notifications are enabled, the app will display a live value of your child's Pulse Rate. It's normal for your child to have a lower Pulse Rate while asleep than awake. It's also normal for your child to have variability throughout the session, as they wake and fall asleep, toss and turn or even cry. Visit [healthychildren.org](http://healthychildren.org) for more information or see your doctor for concerns.

Age	Normal sleeping Pulse Rate	Normal waking Pulse Rate
1-3 months	90–160 BPM	100–205 BPM
4-12 months	90–160 BPM	100–180 BPM
1-2 years	80–120 BPM	98–140 BPM
3-5 years	65–100 BPM	80–120 BPM

## Oxygen Saturation

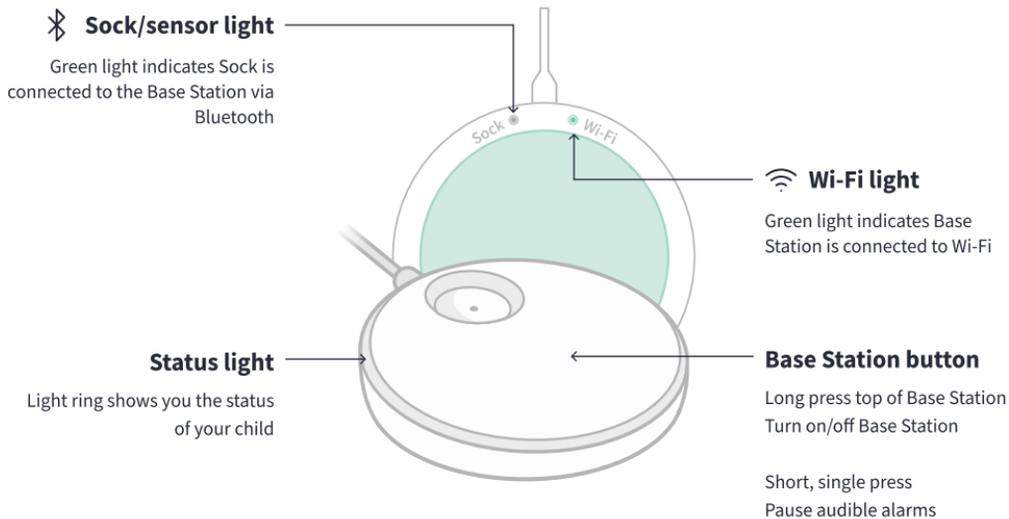
It's normal for your child's Oxygen Saturation to lower when asleep and even to fluctuate during sleep with different positions and sleep states. A normal Oxygen Saturation level is above 90%, however, it can be common for your child to drop below 90% from time to time. For prolonged or frequent readings below 90% check on your child, you may need to consult their doctor.

Age	Normal Oxygen Saturation
1 month – 5 years	90-100%

If you believe the Health Notification was sent in error, it was potentially caused by one of the following:

- Sock Placement
- Moving or Crying
- Feeding/Burping
- Cold feet

# Base Station hardware



Base Station Indicator	Status	Meaning (Notification Condition)	What you should do	
 <p><b>Flashing Red</b> <b>High Priority</b></p>	Low Pulse Rate	Pulse Rate below 50 BPM	Immediately check on your child and see if they are okay. Things to check on are your child's breathing, skin color (are they blue or pale), activity, and alertness. If you have concerns that your child is not okay please seek medical attention.	
	High Pulse Rate	Pulse Rate above 220 BPM		
	Low Oxygen Saturation	Oxygen Saturation below 80%		
 <p><b>Flashing Yellow</b> <b>Medium Priority</b></p>	Difficulty getting readings	Sensor may be placed improperly and not able to provide valid data for the last 90 seconds with no motion, OR there has been no data for 240 seconds and there is excessive motion.	Check the Sensor placement and ensure the child is not wiggling or being moved excessively (i.e. swing or being held). It may take 10 – 20 seconds for this alarm to clear once Sensor is repositioned AND the child stops moving. Turn off monitoring until movement stops.	
	Power Loss (Not available on Base Station model OBL 3.0)	Base Station has lost line power and is on battery backup.		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.		Move the Base Station closer to the sensor, or make sure there is nothing blocking the signal between the two. Check the sock battery level in the app.
 <p><b>Solid Blue</b> <b>Low Priority</b></p>	Low Sensor Battery	Sensor has 50 minutes or less left of battery life	Place the Sensor on the charger soon.	
 <p><b>Flashing Lavender</b> <b>Notification</b></p>	Sleep Assist	Your child is moving excessively or has been moving for an extended period of time.	Check on your child, they may need your help falling back to sleep.	

<b>Base Station Indicator</b>	<b>Meaning (Status Condition)</b>
 <b>Pulsing green</b>	Sock is connected to the Base Station and receiving readings
 <b>Quick bouncing green</b>	Sock is getting initial readings or child is moving. Readings will not display in app during high movement.
 <b>Solid white</b>	Sock charging on the Base Station is fully charged
 <b>Pulsing white</b>	Sock on the Base Station is charging
 <b>Blinking white</b>	Sock charging on Base Station is not paired to Base Station
 <b>Blinking orange</b>	Sock charging on the Base Station is paired to a different Base Station