



Owlet Dream Sock User Guide

## What product is this manual for?

Dream Sock

## What's in the box

Socks size 1 and 2, right and left sock for each size

Sock sensor

Base station

Base station cord

Power adapter

Quick start guide

## How does the Owlet Dream Sock work?



The Owlet Dream Sock connects to the Owlet Dream App to provide a complete sleep improvement solution for Baby and the entire family. The Owlet Dream Sock sensor uses award-winning technology to get readings from your child's foot to track sleep quality. The Sock sends real-time readings to your phone through the Owlet Dream App. The App also provides tips and developmental insights.

The Dream Sock sensor collects data and sends it to the base station and the base station indicates prompts as needed based on the data sent from the Sock. The base station should be placed in a location where you can hear it if it sounds.

## How the App works

**Connect to Wi-Fi:** The base station sends information to the Owlet cloud via Wi-Fi. The Owlet cloud enables this data to be shown in the App. This enables real-time readings and prompts on the App from anywhere. The base station will indicate whether or not you have the Sock connected to Wi-Fi.

**LAN (Local area network) mode:**

While we recommend continual Wi-Fi connection, LAN mode is an option when Wi-Fi is not available. To use LAN mode your phone must be on the same Wi-Fi connection as your base station. Using Wi-Fi, the App establishes an initial connection to the Owlet cloud and will deliver data to the App without re-establishing the connection as long as the App is not closed and the Wi-Fi connection does not change on the App or base station.



# How to set up and use the Owlet Sock

## Requirements

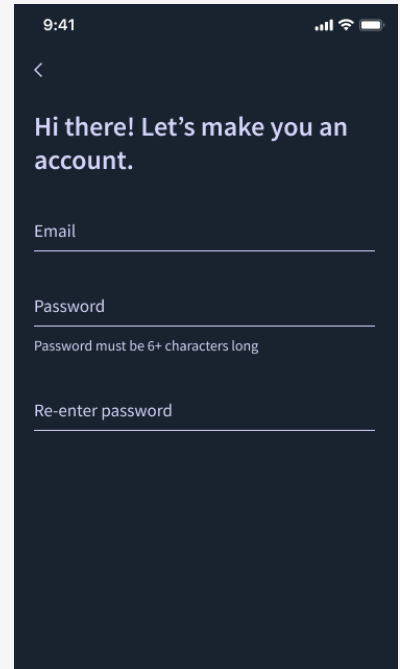
The Owlet Dream Sock requires access to an iOS or Android device with the Owlet Dream App downloaded; minimum OS versions apply, see app stores for details.

The Dream Sock fits children weighing a maximum of 30 lbs. (13.6 kg).

2.4 GHz wireless internet connection is required for live readings in the Owlet Dream App, remote access to the App and some App features. HotSpot Wi-Fi and 5 GHz are not supported.

## To set up the Owlet Sock:

- ① Download the Owlet Dream app  
Available for iOS and Android



- ② Create an account

Follow the in-app instructions to create an account.

9:41

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## 'Hoo' are you?

First name

---

Last name

---

Phone 

---

Birthday

---

Zip

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## An email with a confirmation code has just been sent to...

email@gmail.com

Follow the directions in the email to confirm your account.

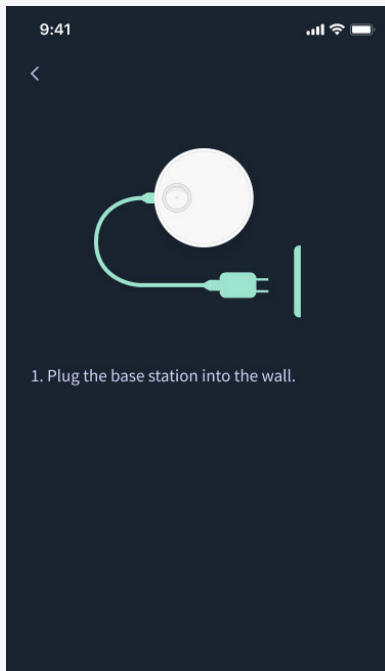
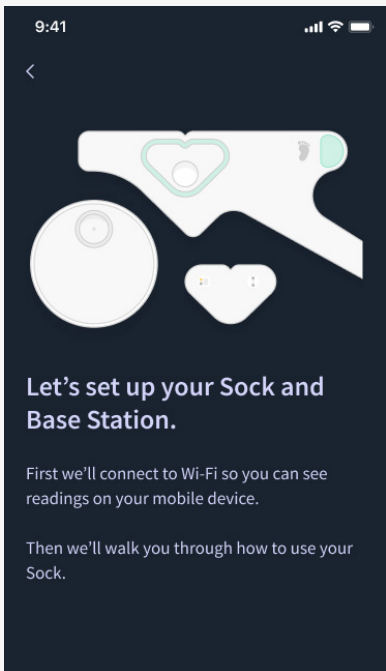
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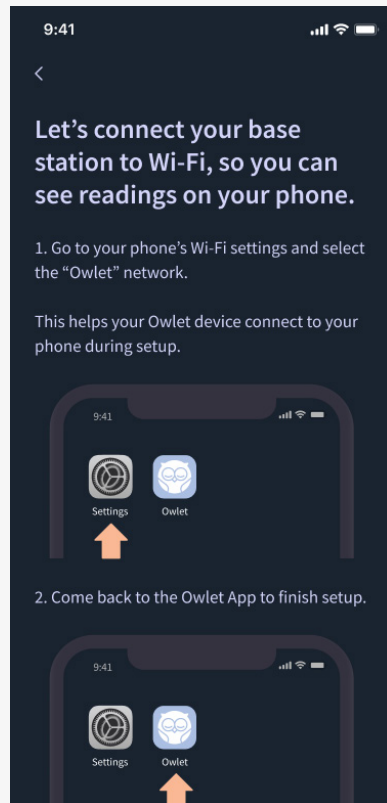


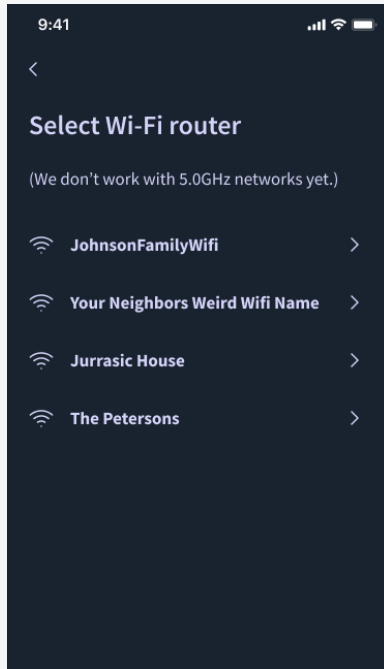
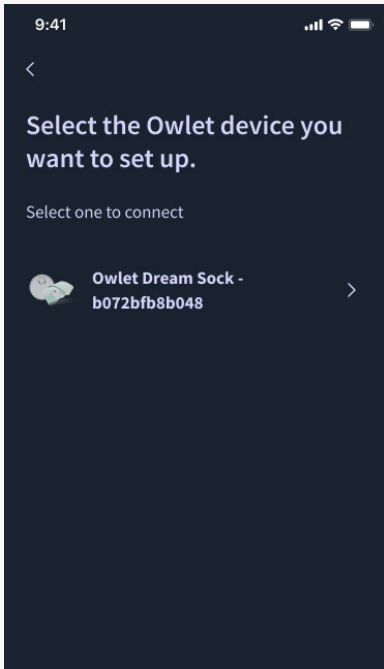
## Your account has been confirmed. Welcome to the Owlet family!





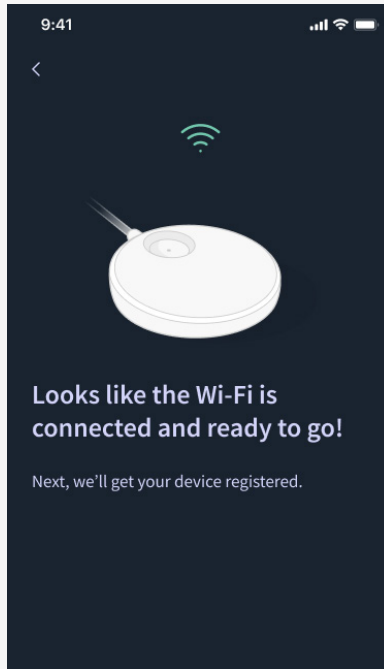
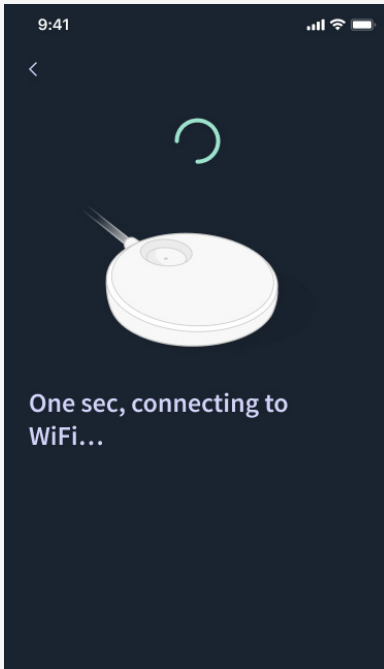
③ Plug in the base station to a power source and place the Sock into the charging port on the base station.

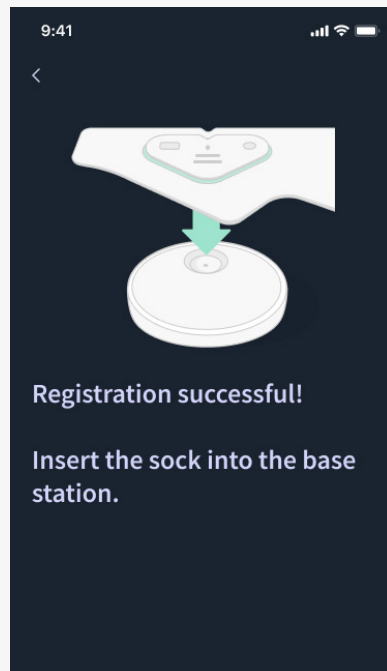
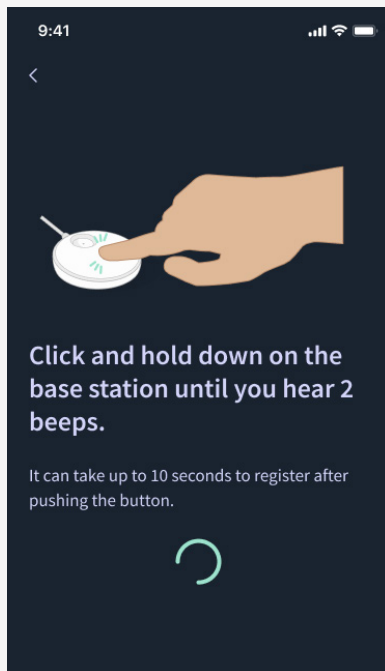
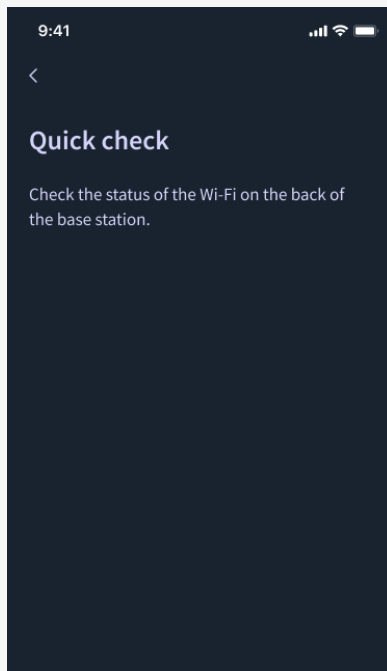


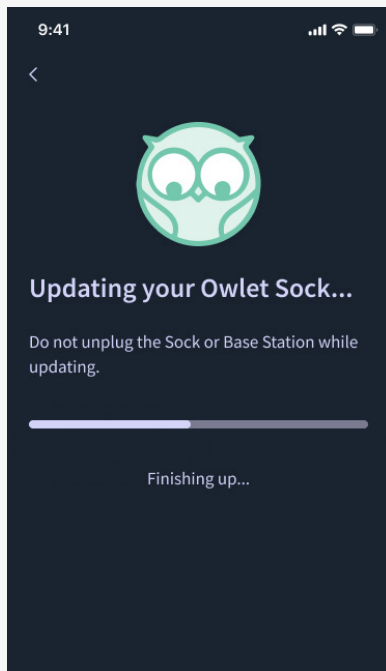
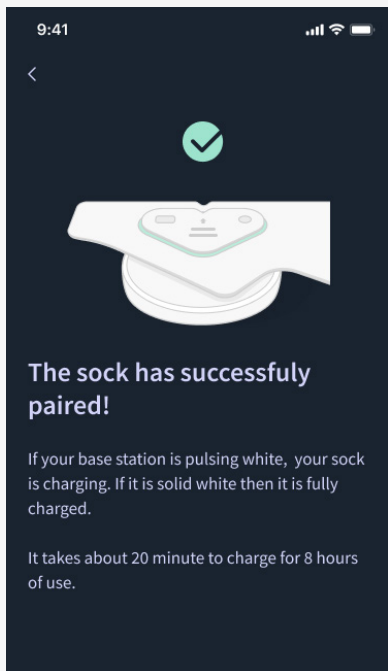


Follow the in-app instructions to connect the Sock to Wi-Fi, as well as register and pair the Sock and make updates to the Sock, if necessary.

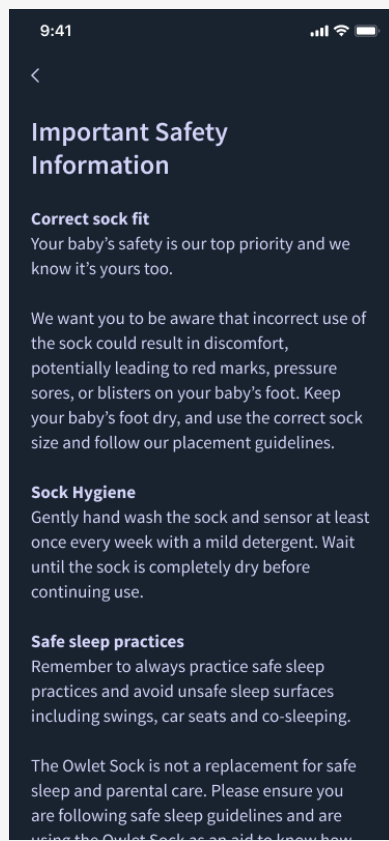


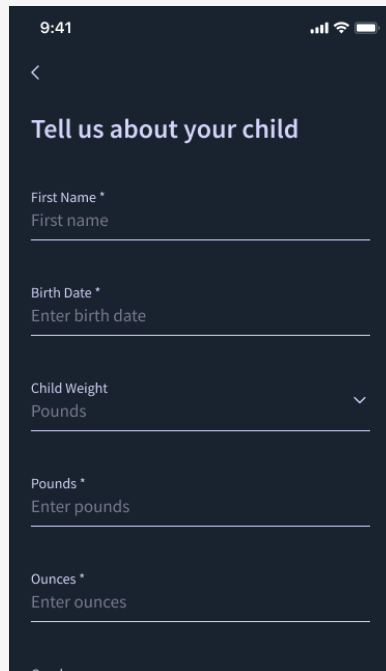
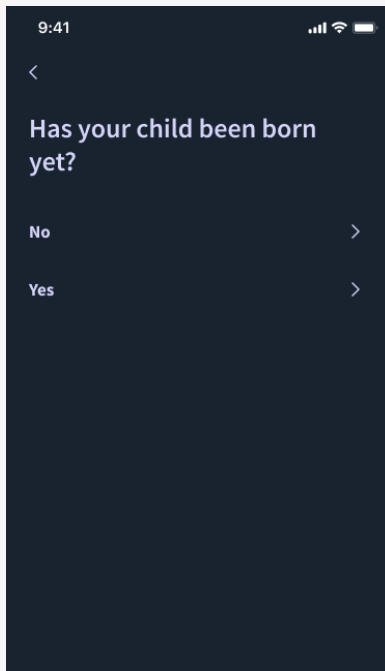
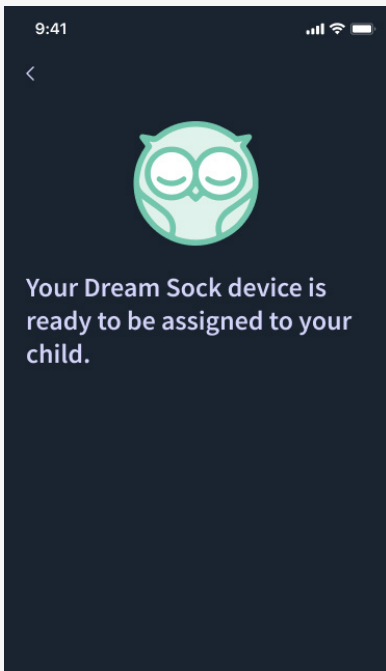






④ Read and accept safety warnings in the app.





⑤ Create a child profile.

The App will walk you through creating a profile for your child and assigning that profile to an Owlet device.

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## Add a picture of Aaron

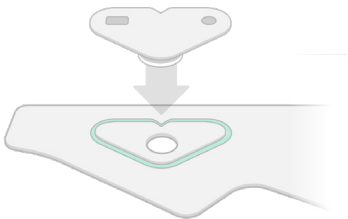
Or, do it later from the home screen if you'd rather.

## Sock sizing, placement and fit

The Owlet Dream Sock comes with two fabric sock sizes, and a right and left sock for each size:

Size 1 fits children up to 12 lbs. (5.4 kg)

Size 2 is for children from 12 - 30 lbs. (5.4 - 13.5 kg)



### Attach the sensor to the fabric sock

Align the notch in the sensor with the notch in the fabric sock; press the sensor to the sock and pop the sensor into place.



### Fit the Sock

Place the notch in the Sock behind the pinky toe of your child on the side of the foot.

### TIP:

If in doubt, start with the smaller size first.



Secure the toe strap around the foot above the toes, then wrap the ankle strap around the back of the ankle and secure it on top of the foot.



When placed correctly the closure on the top of the foot should point to the big toe, and the sensor should be on the outside of the pinky toe with the top of the owl's head pointed towards the toes.



## TIPS FOR USING THE DREAM SOCK WITH TODDLERS AND PRESCHOOLERS

Because toddlers and preschoolers are more mobile and active than infants we'd like to share a few helpful tips:

1. Put the Dream Sock on after your child is in bed for the night to minimize how often they will be walking with it on. Walking with the sensor on can damage it.
2. Wait to turn your base station on to monitor until after your child falls asleep. This helps reduce the chance of unnecessary yellow prompts due to restlessness as children fall asleep. You can do this in the App and or on the base station.
3. If your child has never worn a Dream Sock before, know that they might be hesitant and ask questions. Let them get comfortable with the Sock and inspect it before trying to put it on.

## Getting readings and prompts

Before naps and overnight sleep, remove the Sock from the base station and place it on your child.

The base station will display bouncing green lights when it's attempting to take readings. When the base station is getting readings it will pulse green.

### **Yellow prompts**

During a yellow prompt the base station will flash yellow and play a sweet lullaby, and you will receive a push prompt in the Owlet Dream App. A yellow prompt indicates there is a Sock placement issue or the Sock has fallen off of your child's foot and was unable to get good readings for at least 60 seconds.

### **Blue prompts**

During a blue prompt the base station will flash blue and play a lullaby, and you will receive a push prompt in the App. A blue prompt indicates the Sock is out of range of the base station, the battery is depleted, or the signal was blocked for at least 60 seconds.

Because the human body can act as a barrier between the base and Sock connection, try not to hold your child with your back facing the base station to avoid prompts. If blue prompts are recurring, move the Sock and base station closer together to avoid repeated prompts.

### **Lavender prompts**

During a lavender prompt, the base station will flash lavender and play a tone, and you will receive a push prompt in the App. A lavender prompt indicates your child may be experiencing discomfort, stress, or a poor sleep environment. We recommend you assist and evaluate how to help them sleep better.



### ***Snooze prompts***

When there is an active prompt of any kind you can snooze the sound for 60 seconds with a short press on the base station or in the Owlet Dream App.

Snoozing will only pause the base station and App sound—the light ring will continue to show on the base station and details are available in the App. The prompt remains in effect until the condition is resolved. If the initiating event ceases while snoozed the prompt will stop.

If a new prompt occurs while snoozed, the prompt will restart.

### **Base Station**

The Dream Sock base station communicates different states with the following colored lights:

**Bouncing green:** Getting readings

**Pulsing green:** Dream sock is fully functional

**Flashing blue:** Sock is out of range from base station, the battery is depleted, or the signal is blocked

**Flashing yellow:** Sock is improperly placed or has fallen off

**Flashing lavender:** Child may be uncomfortable or their sleep environment is poor

**Pulsing white:** Sock is charging

**White:** Sock is fully charged

**Bouncing white:** Sock is not paired

### ***How do I turn the base station monitoring on?***

Remove the Sock from the charging port or press down on the base station and release. You will hear a beep and the base station will light green.

### ***How do I turn the base station and monitoring off?***

Press down on the base station and hold until the green light turns off and you hear a beep.

## Charging the Sock

Place the Sock sensor onto the charging port located on the top of the base station and ensure the base station light glows white.

### Sock battery level

You can check the Sock's battery level in the App.

When the base station light is pulsing white the Sock is charging; when the light is static white the Sock is fully charged.

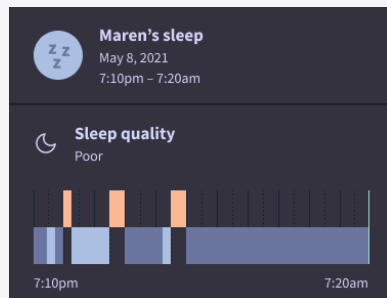
### Low Sock battery prompt

If your Sock battery has less than 4 hours of operation time you will be prompted in the App with a blue prompt. The base station will not play a sound or flash for this prompt.

You can also view battery status at any time in the Sock status screen.

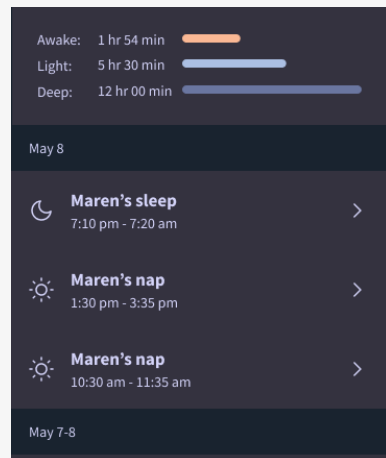
## Sleep Status

The sleep status on the home screen updates every minute to inform you of the status of your child during their sleep session. A sleep session graph will display data after 10 minutes of monitoring and real-time sleep quality indicators are shown below.



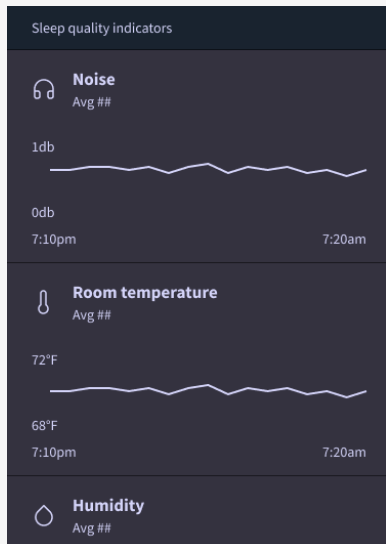
## History

The History tab in the App displays your baby's past sleep session readings. The base station and App require a Wi-Fi connection to view the History tab, and sleep history is available for the past 30 days of sleep sessions.



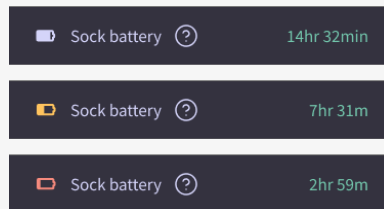
## Sleep Details

Tapping on any previously recorded sleep sessions will take you to the sleep details page for that session. You will see charts of sleep quality indicators for various metrics recorded during that session.



## After a Sleep Session

Return the Sock sensor to the base station to charge whenever it is not on your child.



### **Sock care and storage**

Keep the second sock in the size you are currently using in an easily accessible place so you can rotate use between feet regularly. Store the other size for later use.

Owlet recommends washing your fabric sock and sensor every 2 weeks at minimum to avoid skin irritation caused by a soiled sock and sensor. Wash both the fabric sock and sock sensor by hand with a mild detergent and cold water. Allow to dry completely before using.

### **How to turn off Sock sensor**

Remove the sensor from the base station. Disconnect the power cord from the base station. Press and hold the base station (the entire base station depresses like a button) while inserting the power cord. Hold the base station button until the light glows orange and you hear 4 beeps. Tap the button once. The red light in the Sock sensor will turn off. To turn the Sock back on, place the sensor into the base station charging port.

# Tips and Tricks

## **Sock placement**

When used as instructed, the Sock is low-profile, comfortable, and safe for your baby. Please read instructions carefully to ensure proper fit and practice good hygiene to maintain skin integrity on your sweet baby's little foot. Incorrect use of the Sock may result in discomfort, produce inaccurate readings, and may increase the risk of red marks, pressure injuries, or blisters on your child's foot.

Please follow these tips to ensure your child's skin health is maintained:

1. Ensure your child is wearing the right size fabric sock. The Sock should fit snugly but not tight around both toes and ankle.
2. We recommend you rotate the foot your child wears the Sock on regularly. If redness appears, discontinue use on the affected foot and apply the Sock only to the unaffected foot until redness resolves completely.

3. Many parents like to keep several pairs of socks handy and wash them frequently to ensure continual use. If you'd like to select additional fabric socks, visit our Sock Shop on our website. In addition to picking up additional pairs of socks, you can choose from many colors and patterns to enjoy.

## **Where should my Base Station go?**

Your base station must be within the range of the Sock when it is worn by your child to avoid unnecessary blue prompts. The Bluetooth range is up to 100 feet. The base station should be placed in a location where you can hear it if it sounds.

## **How to test prompts**

### **Lavender**

Remove the sensor from the base station and keep monitoring turned on. Press and hold the base station until you hear 3 beeps, then release. Snooze the sound by pressing the base station again or pressing pause in the App. To reset, press and hold the base station until the light turns off and you hear a beep, then press to turn back on again.

### **Blue**

Remove the sensor from the base station and keep monitoring turned on. Holding the sensor, put as much distance as possible between you and the base station.

### **Yellow**

Remove the sensor from the base station and keep monitoring turned on. Place Sock on your child's foot or an adult finger until you get a reading. Remove the Sock and wait. This may take up to 60 seconds.

## **How to forget a Wi-Fi network**

### **Via Base Station**

Remove the sensor from the base station. Press and hold the base button while inserting the power cord into the base. Hold the base button until the base light glows orange and you hear four beeps. Then tap the base station button three times. Confirm the Wi-Fi light on the bottom of the base is off.

## **Does the Sock work under clothes?**

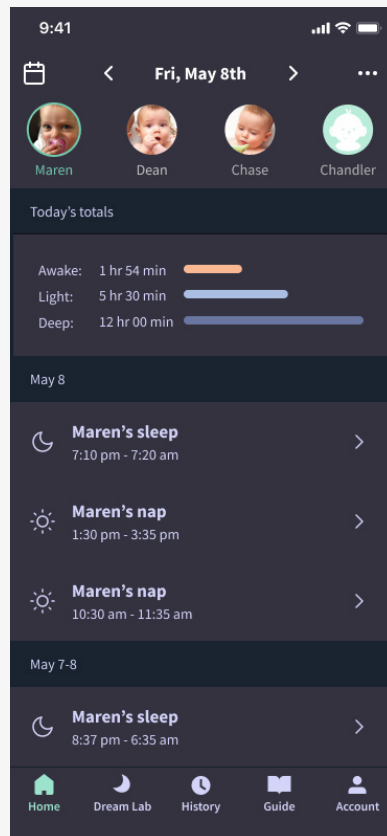
The Owlet Dream Sock is designed to fit under footy pajamas, swaddles, and baby socks to keep your child comfortable while they sleep.

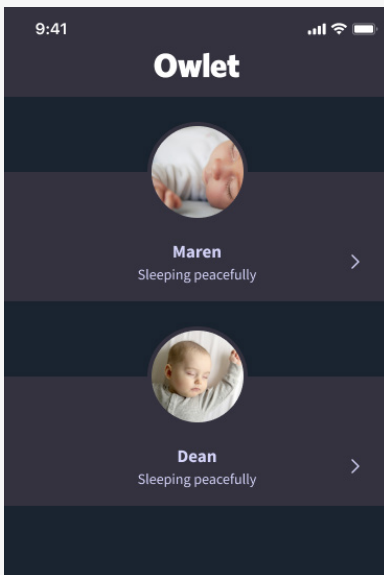
## **Sharing access to the Owlet Dream App**

Owlet is working on the ability to add multiple accounts to share app access. We recommend creating a single account that each caretaker can access.

## **Monitoring multiple children**

The Owlet Dream App supports multiple child profiles and devices to allow you to monitor in any combination.





Be sure to keep your Socks and their assigned base stations separated by child to ensure there is no confusion in the event of a prompt.

### **Base Station brightness**

The base station has an ambient light sensor and will automatically adjust the brightness of its lights based on the light in the room.

### **Help and support center**

In the App, go to Account > Help and Support to contact our customer service team via in-app chat, email and phone, or go to <http://support.owletcare.com/>. For more tips view the Guide tab in the App.

### **Storing your Owlet Sock**

The Sock sensor contains a battery which will drain over longer periods of time, and if drained completely will affect the sensor's ability to recover.

*There are 6 steps to storing your Sock sensor:*

- 1. Fully charge the sensor**
- 2. Remove sensor from the base station**
- 3. Turn off the Sock as instructed on page 20**
- 4. Unplug the base station**
- 5. Store the sensor, base station, cords, plug and fabric socks in a cool dry place**
- 6. Recharge sensor every 6 months, repeat steps 1 - 5**

## Satisfaction guarantee

Every Owlet product comes with a 30-night Peace of Mind Guarantee. If you aren't 100% satisfied with your product, you can return it within 30 days of purchase. (Only applies to purchases from owletcare.com)

## Warranty

### LIMITED WARRANTY

We warrant that if you use our products as they are intended, our products will be free from defects in materials and workmanship for a period of 1 year from the date of set up for new products and 6 months for refurbished products. We do not warrant our products against general wear and tear or damage as a result of misuse, modifications or improper maintenance.

If you believe you have received a defective product, we will either repair or replace the defective product or its defective component part(s) in accordance with the terms of this limited warranty. We warrant the replacement for the remaining unexpired period of the original product's warranty.

This limited warranty applies only to the original purchaser of the product and to products purchased directly from us or one of our authorized

sellers, unless otherwise prohibited by law. Our products are legitimately sold only by us and our authorized sellers who are required to follow our policies, procedures, and quality control standards. We reserve the right to reject warranty claims for products purchased from unauthorized sellers, including unauthorized websites. This limited warranty does not warrant that the operation of the product will be uninterrupted or error-free.

Please note: This limited warranty is the only warranty available for our products.

We limit the applicability of implied warranties, including the implied warranties of merchantability and fitness for a particular purpose, to the duration of this limited warranty. To the extent permitted by law, we disclaim all other warranties of any kind. Some States and countries do not allow limitations on implied warranties, so the above limitation



may not apply to you. Our sole liability for any defect shall be as set forth in this limited warranty and excludes any claims for incidental or consequential damages. Some States and countries do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. No person or entity is authorized to make any other warranty on our behalf. This warranty gives you specific legal rights. You may also have other rights which vary from State to State and country to country.

For example, customers in some jurisdictions may have additional rights under applicable national legislation such as the Australian Consumer Law or national laws implementing EC Directive 99/44. This limited warranty does not affect any such rights.

## EN Warnings / Important Safety Information

**! WARNING: The Owlet Smart Sock is not a medical device.** It is not intended for use as a medical device or to replace a medical device. It does not and is not intended to diagnose, cure, treat, alleviate or prevent any disease or health condition or investigate, replace or modify anatomy or any physiological process.

The Owlet Smart Sock is meant for healthy babies up to 18 months of age and the notification thresholds on Owlet Smart Sock are not as stringent as a medical monitor.

*Remember: This product is only intended to assist you in tracking your baby's wellbeing and is not intended to replace you as a caregiver. You are responsible for the health and wellbeing of your baby and following safe sleep, health and care guidelines.*

- Do not use Owlet Smart Sock as a diagnostic tool
- Do not use Owlet Smart Sock if your doctor recommends the use of a hospital pulse oximeter or hospital apnea monitor
- Do not use The Owlet Smart Sock as an excuse for unsafe sleep habits
- Do not use The Owlet Smart Sock as a replacement for or in lieu of adult care

### Warranty

Owlet proudly stands behind its products. Our warranties are found at: <https://owletcare.com/pages/warranty>.

### Terms and Conditions

The use of Owlet's products is subject to the terms and conditions found at: <https://owletcare.com/pages/terms>. By using an Owlet product, you agree to those terms.

For contact information specific to your region, please visit <https://support.owletcare.com>

### Safety

Your safety and the safety of others are very important to us. There are many important safety messages in this manual and in the Owlet Baby Care App. Always read and obey all safety messages.

**! FOR YOUR SAFETY AND THE SAFETY OF THE BABY:**

RESPOND IMMEDIATELY WHENEVER A NOTIFICATION SOUNDS.



**WARNING: ALWAYS KEEP THE BASESTATION AT LEAST 3 FEET AWAY FROM YOUR BABY'S CRIB BECAUSE THE CORD CAN POSE A STRANGULATION HAZARD.**

THE OWLET SMART SOCK IS AN AID.  
IT IS NOT A SUBSTITUTE FOR ADULT SUPERVISION.

FOR PREMATURE BABIES, BABIES ON SUPPLEMENTAL OXYGEN, OR BABIES WITH HEALTH CONDITIONS, PLEASE CONSULT YOUR HEALTH PROFESSIONAL TO DETERMINE WHETHER OR NOT THE OWLET SOCK IS RIGHT FOR YOU.



Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment. Please **ONLY** use the supplied power adapter. Failure to do so may void our limited warranty. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the manufacturer's instructions, may cause interference harmful to radio communications.

### IC : 21386-OBL3A (Base Station)

### IC: 21386-OSS3A (Sensor)

This device complies with part 15 of the FCC rules and with Innovation, Science and Economic Development Canada's license-exempt RSS(s). Operation is subject to the following two conditions: (1) this device may not cause interferences, and (2) this device must accept any interferences, including interferences that may cause undesired operation of the device.

CAN ICES-3 (B)/NMB-3(B)



Owlet Baby Care declares that the Owlet Smart Sock is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: <https://owletbabycare.co.uk/pages/ce-compliance>

2402 - 2480MHz (63mW Output Power)  
Base Station Bluetooth

2412 - 2462MHz (75mW Output Power)  
Base Station Wi-Fi

2402 - 2480MHz (6.3mW Output Power)  
Sensor Bluetooth



Owlet is committed to meeting the requirements of directive 2012/19/EU on waste electrical and electronic equipment (WEEE). Please visit our website at [owletcare.com](http://owletcare.com) to find out more about the proper disposal of Owlet products in the EU and UK.

INPUT:100-240V~0.2A 50-60Hz  
OUTPUT:5V→1A



800433  
Conforms to UL 62368-1  
and CAN/CSA-C22.2  
No. 62368-1

U.S. Pat. Nos. 9,693,730 and 10,449,837.  
Other patents pending.



