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› Owlet Dream Sock® - FDA-Cleared Smart Baby Monitor Instruction Manual

Owlet BM06NMMCJ

Owlet Dream Sock® Instruction Manual

Brand: Owlet | Model: BM06NMMCJ

INTRODUCTION

The Owlet Dream Sock is an FDA-Cleared smart baby monitor designed to provide caregivers with a deeper understanding of their infant's safety and well-being. It offers real-time health readings and timely notifications, ensuring peace of mind.

This innovative device tracks your baby's pulse rate, oxygen levels, wakings, and sleep trends, all accessible through the Owlet Dream App. When your infant's health readings fall outside preset ranges, the included Base Station will notify you with lights and sounds, complemented by in-app notifications.



Owlet Dream Sock system including the sock, base station, and a smartphone displaying the app interface.

WHAT'S INCLUDED

- One Dream Sock Sensor
- Four Fabric Socks - Fits babies 0-18 months, 5-30 lbs
- Wireless Charging Base Station
- Access to the Owlet Dream App and our Predictive Sleep Technology

SETUP GUIDE

1. Download the Owlet Dream App

The Owlet Dream App is essential for using your Dream Sock. It is compatible with iOS OS 14+ and Android OS 7+ devices. Ensure your mobile device is connected to a 2.4 GHz Wi-Fi network.

2. Charge the Dream Sock Sensor

Place the Dream Sock Sensor onto the Wireless Charging Base Station. The base station will indicate charging status. A full charge provides up to 7 days of battery life.

3. Attach the Fabric Sock

Select the appropriate size fabric sock for your baby (fits 0-18 months, 5-30 lbs). Insert the Dream Sock Sensor into the designated pocket on the fabric sock. Ensure the sensor is positioned correctly behind your baby's pinky toe for accurate readings.

Clinically-Proven Medical-Grade Accuracy



A baby wearing the Owlet Dream Sock on their foot, demonstrating proper placement.

OPERATING YOUR DREAM SOCK

Real-time Monitoring

Once the Dream Sock is securely on your baby's foot and connected to the Base Station, it will begin tracking live pulse

rate and oxygen levels. You can view these readings in real-time via the Owlet Dream App.

Dream Sock monitors baby's pulse rate, oxygen, and sleep trends in *real-time*.

Live health readings

All readings are normal



113 bpm
Pulse Rate



96 %
Oxygen

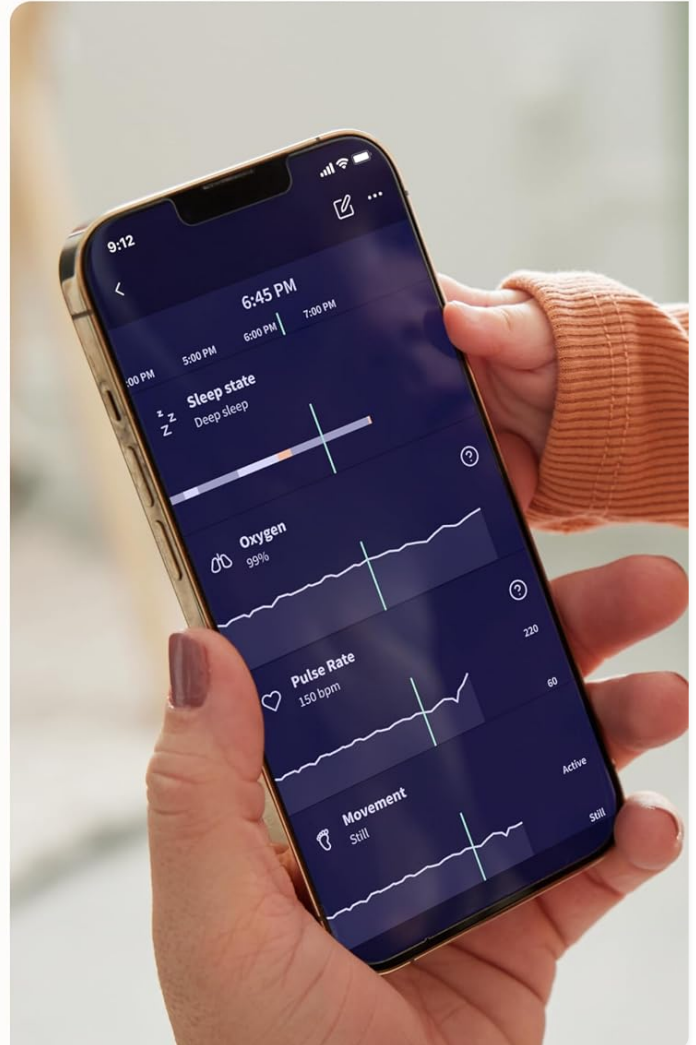


Close-up of a baby's foot wearing the Owlet Dream Sock, with an overlay showing live pulse rate and oxygen readings from the app.

Sleep Tracking

The Dream Sock also monitors your baby's sleep patterns, including wakings and sleep trends. This data is stored and can be reviewed in the Owlet Dream App, providing insights into your baby's sleep quality.

View sleep patterns, and historical health readings & trends *in the App*.



A parent holding a baby while looking at a smartphone displaying sleep patterns and historical health readings from the Owlet Dream App.

Notifications and Alerts

The Base Station and Owlet Dream App are designed to notify you if your infant's health readings fall outside preset safe ranges. The Base Station uses lights and sounds for immediate alerts, while the app provides detailed notifications.

Receive *light and sound alerts* on the parent Base Station when Baby's readings fall outside preset range.



A smartphone displaying a 'High Pulse Rate and Low Oxygen' alert, next to the Owlet Base Station glowing red, indicating an alert.

MAINTENANCE

Cleaning the Fabric Socks

The fabric socks should be regularly cleaned. Remove the sensor before washing. Hand wash the fabric socks with mild soap and water, then air dry completely. Do not machine wash or tumble dry.

Cleaning the Sensor and Base Station

Wipe the Dream Sock Sensor and Wireless Charging Base Station with a dry, soft cloth. Avoid using harsh chemicals or abrasive cleaners.

Battery Care

The Dream Sock Sensor uses a Lithium-Ion battery. For optimal battery life, ensure the sensor is placed on the charging

base when not in use. Avoid extreme temperatures.

TROUBLESHOOTING

Connectivity Issues

If the Dream Sock is not connecting to the app or Base Station, ensure your Wi-Fi network is 2.4 GHz and stable. Check that the Base Station is powered on and within range of the sock.

Incorrect Readings

Ensure the fabric sock is correctly sized and the sensor is properly positioned on your baby's foot, behind the pinky toe. Movement can sometimes affect readings; ensure your baby is calm or sleeping for accurate data.

Regional Compatibility

IMPORTANT: This U.S. Version of the Dream Sock will not work outside of the United States. Attempting to use it in other regions may result in functionality issues or complete non-operation.

PRODUCT SPECIFICATIONS

Feature	Detail
Brand	Owlet
Model Number	BM06NMMCJ
Material	Spandex, Plastic
Color	Mint
Compatible Devices	iOS OS 14+, Android OS 7+, 2.4 Ghz Wifi
Product Dimensions	5.5"L x 3.25"W x 7.5"H
Item Weight	4.8 ounces
Battery Life	Up to 7 days
Sensor Type	Pulse Sensor
Power Source	Battery Powered (Lithium-Ion)
Recommended Age/Weight	1-18 months, 6-30 lbs

WARRANTY AND SUPPORT

For detailed warranty information and customer support, please refer to the official Owlet website or the documentation included with your product. You can also find additional resources and FAQs at the [Owlet Store on Amazon](#).

User Manual (PDF): [Download Here](#)

Installation Manual (PDF): [Download Here](#)

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question