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**babytone baby sleep sock S1 MM**

# Babytone Baby Sleep Sock Monitor User Manual

Model: baby sleep sock S1 MM

## 1. PRODUCT OVERVIEW

The Babytone Baby Sleep Sock Monitor is designed to provide parents with peace of mind by continuously tracking a baby's heart rate and movement during sleep. This smart sock system utilizes Bluetooth technology to connect to a mobile application, allowing for real-time monitoring and historical data review.



Figure 1.1: Babytone Baby Sleep Sock Monitor and App Interface

The system includes a comfortable, wearable sock that houses the sensor, a compact monitor unit, and a dedicated mobile application (ViHealth) for iOS and Android devices. It is suitable for infants aged 0-36 months.

## 2. WHAT'S IN THE BOX

Please verify that all items are present and in good condition upon opening the package.

# What's in the Box?



**Tip: Please fully charge the device before first use.**

Figure 2.1: Package Contents

- Babytone Sleep Sock Monitor Unit
- Sleep Sock (3 sizes: S, M, L)
- Charging Cable
- User Manual
- Quick Guide

**Important: Fully charge the device before first use.**

## 3. SETUP GUIDE

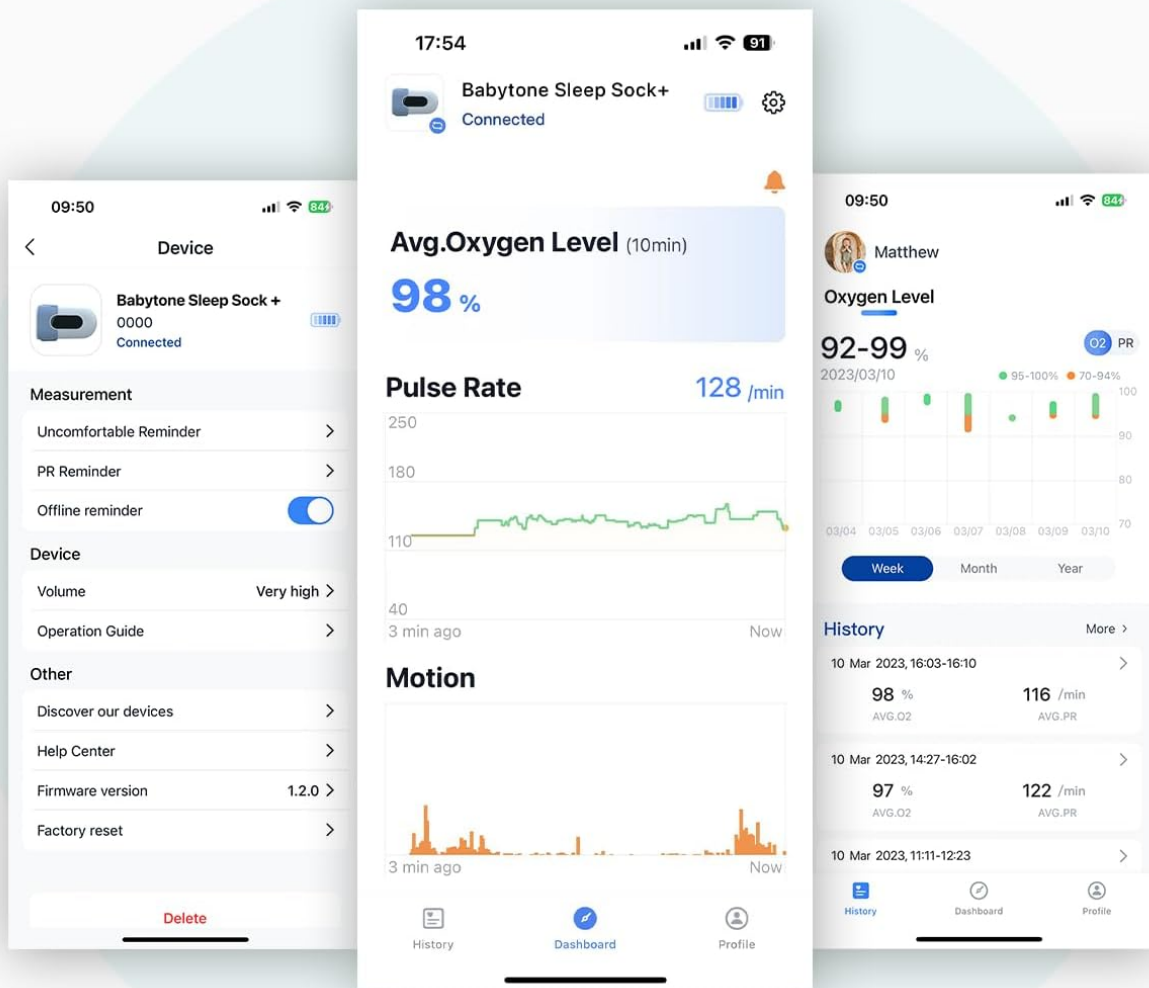
### 3.1 Charging the Monitor

Connect the provided charging cable to the monitor unit and a compatible 5V1A USB power adapter (not included). The unit supports only 5V1A charging and is not compatible with fast chargers. A full charge is recommended before initial use.

### 3.2 App Download and Installation

Download the ViHealth app from the App Store (iOS) or Google Play Store (Android). Search for "ViHealth" and install the application on your smartphone.

## Free APP for IOS & Android



The unit supports only 5V1A charging and is not compatible with fast chargers.

Figure 3.1: ViHealth App Interface and Charging Note

### 3.3 Pairing with the ViHealth App

Follow these steps to pair your Babytone Sleep Sock Monitor with the ViHealth app:

## How to Pair Baby Sleep Monitor(BBSM) with ViHealth App

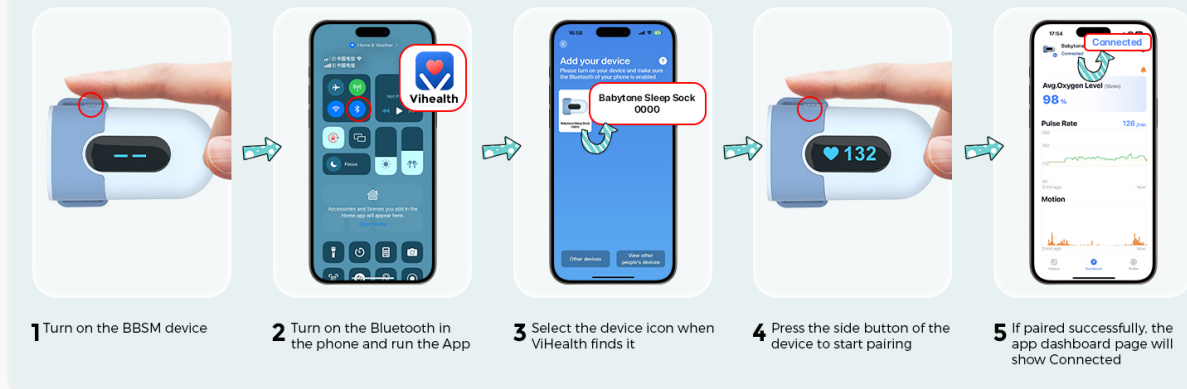


Figure 3.2: Pairing Process with ViHealth App

1. **Turn on the BBSM device:** Press the power button on the monitor unit.
2. **Turn on Bluetooth and run the App:** Ensure Bluetooth is enabled on your smartphone and open the ViHealth application.
3. **Select the device icon:** When ViHealth finds your device, select the Babytone Sleep Sock icon displayed in the app.
4. **Press the side button:** Press the side button on the monitor device to initiate pairing.
5. **Confirm connection:** If paired successfully, the app dashboard page will display "Connected".

## 4. WEARING THE SLEEP SOCK

### 4.1 Choosing the Correct Sock Size

The Babytone Sleep Sock Monitor comes with three sizes of socks (S, M, L) to ensure a precise fit for babies of different weights:

- **Small (S):** For babies weighing 0-8.6 lbs
- **Medium (M):** For babies weighing 8.6-18.7 lbs
- **Large (L):** For babies weighing 18.7-30.6 lbs

Select the sock size that best fits your baby's foot to ensure comfort and accurate readings.

## Material Comfortable and Size Fit

three sizes fit babies 0-36 months weighing 5.5-30 lbs



**Note: Pick fitting socks for the baby and ensure the light emitter contacts the detector to receive correct readings.**

Figure 4.1: Sock Sizes and Fit Guide

### 4.2 Proper Placement

Gently place the monitor unit into the designated pocket on the sock. Ensure the light emitter and detector are correctly positioned on the baby's foot. The sock should be snug but not too tight, allowing for comfortable movement. The light emitter should contact the detector to receive correct readings.



Figure 4.2: Correct Sock Placement and Sensor Alignment

**Note: Foot temperature below 35°C may reduce sensor accuracy.**

## 5. OPERATING THE MONITOR AND APP

### 5.1 Real-Time Tracking

Once connected, the ViHealth app provides real-time data on your baby's heart rate and movement. The dashboard displays current readings and graphs showing trends over time.

# Monitor Your Baby's Sleep

Continuous overnight monitoring

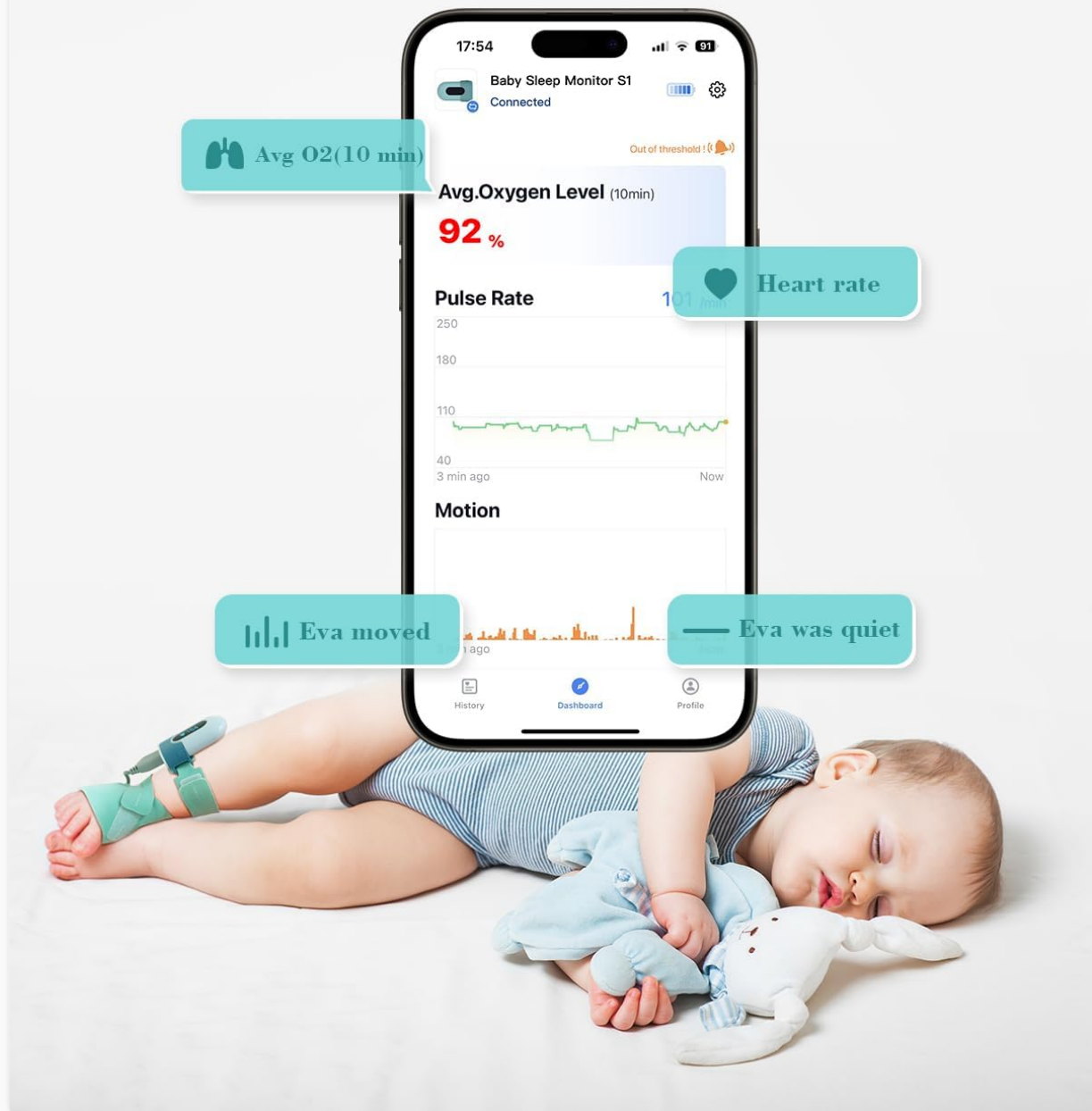


Figure 5.1: Continuous Overnight Monitoring

## 5.2 Alerts and Notifications

The app is designed to provide instant notifications if your baby's heart rate or movement deviates from preset safe ranges. This feature helps you stay informed and provides peace of mind.

# Real-Time Tracking, Instant Notification

keep an eye on your baby

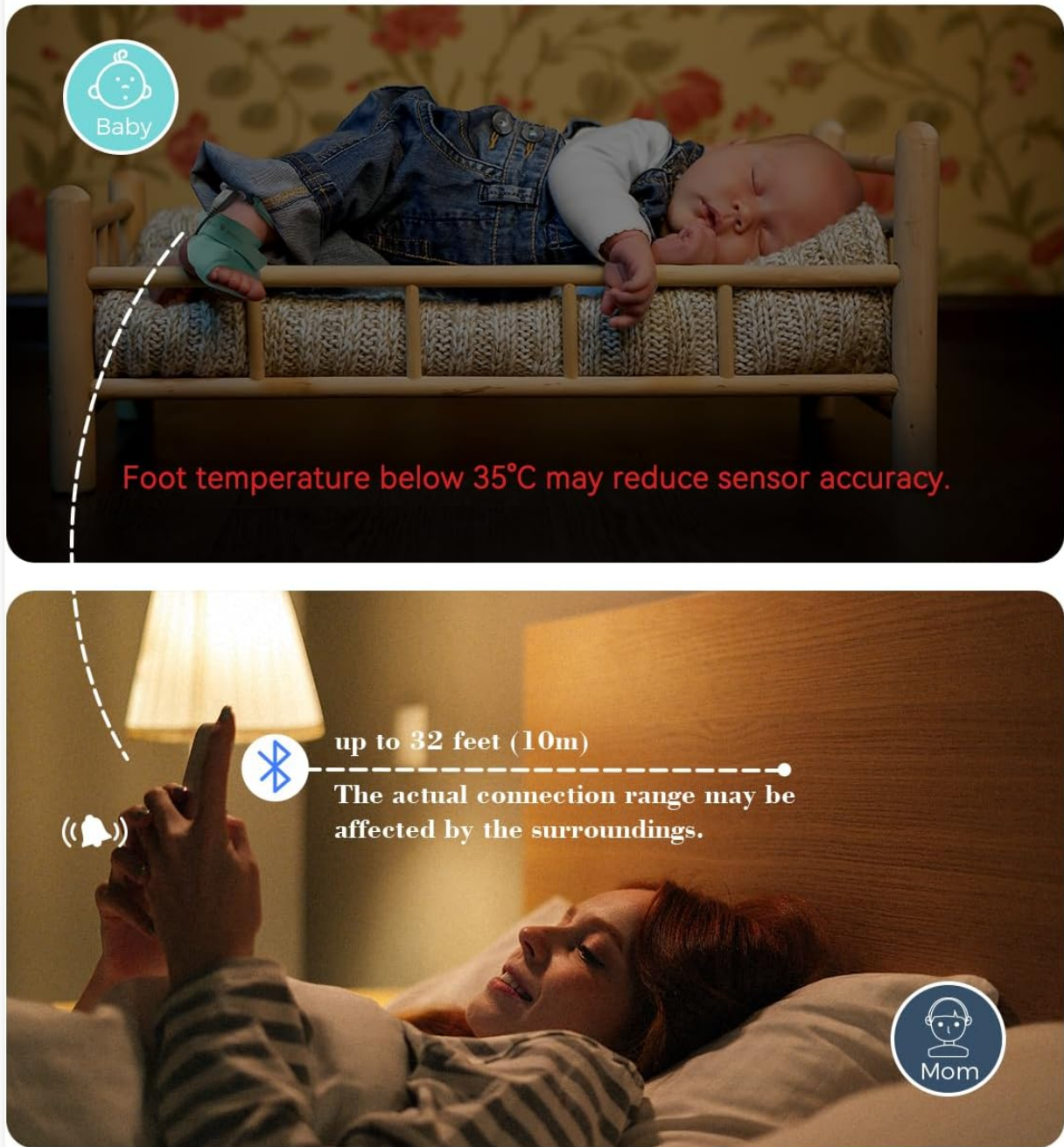


Figure 5.2: Real-Time Tracking and Notifications

**Note: The reminder works only when your phone stays on the dashboard and is not locked.**

## 5.3 Built-in Memory

The monitor unit has a built-in memory that can store up to 4 sessions of data. This means you don't have to worry about losing data even if your phone is not continuously connected to the device. Data will sync to your mobile app when re-paired (unlimited storage on the app).

**Please keep the APP open to avoid disconnection from the monitor. You can also sync data later, as the built-in memory can store up to 4 sessions.**

## 5.4 Reviewing and Sharing Records

The ViHealth app allows you to review detailed sleep summaries and historical data. You can also export these records in PDF or CSV format for sharing or personal record-keeping.



Figure 5.3: Reviewing and Sharing Sleep Records

## 6. CARE AND MAINTENANCE

- **Cleaning the Sock:** The fabric sock can be hand-washed with mild soap and water. Allow it to air dry completely before re-use. Do not machine wash or tumble dry.
- **Cleaning the Monitor Unit:** Wipe the monitor unit with a soft, dry cloth. Do not submerge the unit in water or use harsh chemicals.
- **Storage:** Store the monitor and socks in a cool, dry place away from direct sunlight and extreme temperatures.

## 7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device not connecting to app	Bluetooth off, device off, app not open, out of range	Ensure device is on, Bluetooth is enabled on phone, app is open, and device is within 32 feet (10m) range.
Inaccurate readings	Sock too loose/tight, sensor misalignment, low foot temperature	Adjust sock for proper fit, ensure light emitter contacts detector, ensure baby's foot is warm.
Sock comes off baby's foot	Incorrect size, baby's movement	Ensure correct sock size is used. Securely fasten the sock.
Device not charging	Incorrect charger, faulty cable/port	Use a 5V1A charger. Check cable and charging port for damage.

If you encounter issues not listed here or if the problem persists, please refer to the contact information in the Warranty and Support section.

## 8. SPECIFICATIONS

Feature	Detail
Brand	Babytone
Model Name	baby sleep sock S1 MM
Compatible Devices	Smartphones (iOS/Android)
Sensor Type	Optical, Accelerometer
Battery Description	Lithium-Ion Polymer
Charging Input	5V1A (Not compatible with fast chargers)
Item Weight	263 Grams
Material	Nylon
UPC	850063708654

## 9. WARRANTY AND SUPPORT

The Babytone Baby Sleep Sock Monitor comes with a 1-year warranty from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use.

For warranty claims, technical support, or if the device you received does not work or cannot be charged, please contact Babytone customer service. Contact information can typically be found on the product packaging, the official Babytone website, or through your purchase platform.