

Create/edit an Away From Bed notification

GoSafer Security Knowledge Base

This operational reference is organized for GoSafer Security customers and staff. Alarm.com product names are retained where required for technical accuracy.

Overview

An Away From Bed notification can notify users if a bed sensor is unoccupied for a specified duration in a specific timeframe.

Platform	App + Web
Content type	How-to / Configuration
Source last updated	2025-06-04

Procedure

To create/edit an Away From Bed notification using the Alarm.com app

1. Log in to the Alarm.com app.
2. Tap [Menu].
3. Tap Notifications.
4. Tap [Settings].

To edit a notification, tap to select the Away From Bed notification to configure.

To create a new notification if there is not an Away From Bed notification yet

1. Tap [Add].
2. Tap Use A Template.

In Wellness, tap More.

1. Tap Away From Bed.

Name the new notification rule.

In When any of these sensors, tap to select the sensors you would like to receive notifications from.

In Is Left Open, select either

For this duration to select an amount of time in minutes the sensor must remain open before sending the notification.

When selected people cross a Geo-Fence to select Geo-Devices and its action with a specified Geo-Fence that triggers the notification.

In During this time frame, select either

At All Times to notify you any time of the day when it is triggered.

Only During the Following Times to set up notifications to only take place during certain hours of the day.

1. Tap Add to select who is notified.
2. Tap the entries in the Address Book that are to be notified, or tap Add Contact to add a new Address Book entry.

Once all desired recipients are selected, tap Close.

1. Verify the notification is configured with the correct settings.
2. Tap Save.

To create/edit an Away From Bed notification using the GoSafer Security customer portal (powered by Alarm.com)

1. Log in to the GoSafer Security customer portal (powered by Alarm.com).
2. Click Notifications.

To edit a notification, click [Edit] for the Away From Bed notification to configure.

To create a new notification if there is not an Away From Bed notification yet

1. Click New Notification.
2. Click Wellness.
3. Click Away From Bed.

Name the notification rule.

In When any of these sensors, click to select the sensors you would like to receive notifications from.

In Is Left Open, select either

For this duration to select an amount of time in minutes the sensor must remain open before sending the notification.

When selected people cross a Geo-Fence to select Geo-Devices and its action with a specified Geo-Fence that triggers the notification.

In During this time frame, select either

At All Times to notify you any time of the day when it is triggered.

Only During the Following Times to set up notifications to only take place during certain hours of the day.

1. Click Add to select who is notified.
2. Click the entries in the Address Book that are to be notified, or click New to add a new Address Book entry.

Once all desired recipients are selected, click Close.

1. Verify the notification is configured with the correct settings.
2. Click Save.

Source and support

For GoSafer Security assistance, visit gosaferssecurity.com.

Original Alarm.com reference:
https://answers.alarm.com/Customer/Website_and_App/Wellness/Wellness_Notifications/Create%2F%2Fedit_an_Away_From_Bed_notification

Always verify safety, installation, compatibility, and current UI details against the original manufacturer documentation before operational use.

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