iHome iZM100GFT

iHome Zenergy Meditative Light & Sound Therapy Candle

MODEL: iZM100GFT USER MANUAL

1. Introduction

The iHome Zenergy Meditative Light & Sound Therapy Candle is designed to enhance your relaxation, meditation, and sleep experience through customizable light and sound programs. This manual provides detailed instructions for the proper setup, operation, and maintenance of your device.

Figure 1: iHome Zenergy Meditative Light & Sound Therapy Candle. This image shows the device from the front, highlighting its candle-like design and light-emitting surface.

2. What's in the Box

Please check that all components are present:

- iHome Zenergy Meditative Light & Sound Therapy Candle (iZM100GFT)
- AC Power Adapter
- User Manual (this document)
- Bulb (included component, likely pre-installed LED)

3. Setup

3.1 Power Connection

1. Place the iHome Zenergy Candle on a stable, flat surface away from direct sunlight or heat sources.
2. Connect the supplied AC power adapter to the DC jack located on the back or bottom of the unit.
3. Plug the AC power adapter into a standard wall outlet.
4. The unit will power on in standby mode.

3.2 Battery Installation (for backup or portable use, if applicable)

The device requires 2 AAA batteries for certain functions or backup power. (Note: The primary power source is AC. Batteries are not explicitly mentioned for primary operation in the product description, but are listed in specifications.)

1. Locate the battery compartment on the bottom of the unit.
2. Open the battery compartment cover.
3. Insert 2 AAA batteries, ensuring correct polarity (+/-).
4. Close the battery compartment cover securely.

4. Operation

4.1 Basic Controls

The iHome Zenergy Candle features touch and push-button controls. Refer to the device for specific button locations.

- **Power Button:** Press to turn the unit on or off.
- **Light Mode Button:** Cycles through various light therapy modes.
- **Sound Mode Button:** Cycles through various sound therapy programs.
- **Volume Up/Down Buttons:** Adjusts the audio output level.
- **Timer Button:** Activates and adjusts the sleep/meditation timer.
- **Breathing Coach Button:** Activates the guided breathing exercise.

4.2 Light Therapy Modes

Press the **Light Mode Button** to cycle through the available light settings:

- **Flame Effect:** Simulates a flickering candle flame for a calming ambiance.
- **Color Blending:** Smoothly transitions between a spectrum of colors.
- **Favorite Color:** Allows selection and display of a single preferred color. (Consult device instructions for specific color selection method, typically by pausing on a color during blending or using dedicated controls.)

4.3 Sound Therapy Programs

Press the **Sound Mode Button** to select from various soothing soundscapes:

- **Zen Sound:** A tranquil, meditative tone.
- **Calming Ocean:** Gentle waves and ocean sounds.
- **Thunder Storm:** Distant thunder and rain for a natural sound.
- **White Noise:** A consistent, static-like sound to mask distractions.
- **Pink Noise:** A softer, deeper variant of white noise.
- **Fan Noise:** The steady hum of a fan for background sound.

4.4 Breathing Coach

The device includes a guided breathing coach based on the 4-7-8 method. Press the **Breathing Coach Button** to activate. The light and/or voice prompts will guide you through the breathing cycle (inhale for 4 counts, hold for 7, exhale for 8). This feature can be used with or without voice guidance.

4.5 Programmable Timer

The timer function allows the light and sound to gradually decrease in volume and brightness before

turning off. Press the **Timer Button** repeatedly to cycle through available timer durations (e.g., 30, 60, 90 minutes). The selected duration will be indicated on the device.

4.6 Product Overview Video

For a visual guide on the iHome Zenergy Candle's features and operation, please watch the official product video below.

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Video: iHome Zenergy Candle iZM100GFT Product Overview. This video demonstrates the various light and sound features, as well as the breathing coach function of the iHome Zenergy Meditative Light & Sound Therapy Candle.

5. Maintenance

5.1 Cleaning

To maintain the appearance and functionality of your device:

- Ensure the unit is powered off and unplugged before cleaning.
- Wipe the exterior surfaces with a soft, dry, or slightly damp cloth.
- Do not use abrasive cleaners, waxes, or solvents.
- Avoid getting moisture into any openings.
- Do not attempt to clean the recessed candle area with liquids; use a soft brush or compressed air to remove dust.

5.2 Storage

When not in use for extended periods, store the unit in a cool, dry place, away from extreme temperatures and humidity.

6. Troubleshooting

If you experience issues with your iHome Zenergy Candle, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Unit does not power on.	Power adapter not connected or faulty outlet.	Ensure the AC adapter is securely plugged into the unit and a working wall outlet. Try a different outlet.
No sound or light.	Volume too low, light mode off, or unit in standby.	Increase volume. Press the Light Mode button. Ensure the unit is powered on, not in standby.
Lights are too bright/dim.	Light intensity not adjustable or specific mode selected.	Some light modes may have fixed brightness. Check if your model supports brightness adjustment for specific modes.
Breathing coach voice is annoying.	Voice guidance is active.	The breathing coach can be used with or without voice. Consult your device's specific controls to toggle voice guidance off.

7. Specifications

Feature	Detail
Model Number	iZM100GFT
Brand	iHome
Power Source	AC Power
Light Source Type	LED
Control Method	Push Button, Touch, Voice (for breathing coach)
Product Dimensions	3.55 x 3.55 x 4.85 inches
Item Weight	13.1 ounces (0.82 Pounds)
Material	Glass (Shade Material)
Batteries	2 AAA batteries required (for certain functions/backup)
UPC	047532913460

8. Warranty and Support

For warranty information and customer support, please refer to the documentation included with your purchase or visit the official iHome website. Keep your proof of purchase for warranty claims.