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> iHome Zenergy Candle Portable Bluetooth Meditative Light and Sound Therapy Candle with Candle Effect, Sound Therapy, and Breathing Guide User Manual

iHome iZBT110W

iHome Zenergy Candle User Manual

Model: iZBT110W

INTRODUCTION

The iHome Zenergy Candle is a portable Bluetooth meditative light and sound therapy device designed to create a calming environment for sleep, meditation, or relaxation. It combines soothing sounds with dynamic LED lighting effects to enhance your well-being.



Figure 1: iHome Zenergy Candle, a portable Bluetooth sound soother with a candle effect.

This manual provides detailed instructions on how to set up, operate, and maintain your Zenergy Candle to ensure optimal performance and a fulfilling user experience.

SAFETY INFORMATION

WARNING:

- To prevent injury, do not expose the battery compartment to moisture.
- Never insert foreign objects into the battery compartment.
- This product is intended for adult use only and should be kept out of the reach of children.
- Always use the volume control feature responsibly to avoid hearing damage.

PACKAGE CONTENTS

Please check that all items are present in your package:

- iHome Zenergy Candle Unit
- USB Charging Cable
- User Manual (this document)

CONTROLS AND INDICATORS

Familiarize yourself with the buttons and ports on your Zenergy Candle:



Figure 2: Front panel controls including music, power, and light buttons.

- **Power Button:** Turns the unit on/off.
- **Music/Sound Button:** Cycles through sound therapy modes.
- **Light Button:** Cycles through light therapy modes and candle effect.
- **Volume Buttons (+/-):** Adjusts the sound volume.
- **Bluetooth Button:** Initiates Bluetooth pairing mode.
- **Timer Button:** Sets sleep timers for sound and light.

- **USB Charging Port:** For connecting the charging cable.

SETUP

1. **Charge the Device:** Before first use, fully charge your Zenergy Candle using the included USB charging cable. Connect the small end of the USB cable to the charging port on the unit and the larger end to a USB power adapter (not included) or a computer USB port. The charging indicator light will show charging status.



Figure 3: The Zenergy Candle is portable and rechargeable, providing up to 9 hours of audio on a full charge.

2. **Power On:** Press and hold the Power Button until the unit turns on.

OPERATING INSTRUCTIONS

Sound Therapy

The Zenergy Candle features 15 soothing, naturally-recorded environmental and white noise sounds designed to help your mind and body relax.

Sound Therapy

15 Soothing, Naturally-recorded Environmental and White Noise Sounds Designed to Help Your Mind and Body Relax



Figure 4: Sound Therapy provides 15 soothing sounds for relaxation and sleep.

- Press the **Music/Sound Button** to cycle through the available sound modes.
- Adjust the volume using the **Volume +** and **Volume -** buttons.
- Sound types include: Air, Focus, Quiet, 4-7-8 Breathing, Ocean, Storm, Nature, Wind Chimes, Zen, Dream Tones, Peace, Meditation, Trance, and more.

Light Therapy

Experience ambient lighting with 5 built-in LED light therapy modes and a dynamic flame-effect candle lighting.

Color Light Therapy

5 Specially Designed LED Light Therapy Modes
for Ambient or Nighttime Lighting to
Help Enhance Your Atmosphere, Energy, and Induce Sleep



Figure 5: The Zenergy Candle offers 5 specially designed LED light therapy modes.

- Press the **Light Button** to cycle through the 5 LED light therapy modes. These modes provide ambient lighting to help you relax, meditate, and induce sleep.
- Continue pressing the **Light Button** to activate the dynamic flame-effect candle lighting, which simulates a real candle flicker without the safety risks.
- One of the light modes includes a pulse-to-music feature when connected via Bluetooth.

Flame-Effect Candle Lighting

Dynamic LED Lighting Effect Simulates a Real Candle Flicker for Charming Ambient Lighting without the Safety Risks Posed by Real Candles



Figure 6: Dynamic LED lighting effect simulates a real candle flicker for charming ambient lighting.

Bluetooth Pairing

Connect your smartphone, tablet, or other compatible device to the Zenergy Candle to wirelessly stream music, meditation apps, or your favorite podcasts.

1. Ensure the Zenergy Candle is powered on.
2. Press and hold the **Bluetooth Button** until the Bluetooth indicator light begins to flash, indicating it is in pairing mode.
3. On your device, enable Bluetooth and search for "iHome Zenergy Candle" (or similar name).
4. Select the Zenergy Candle from the list of available devices to pair. Once paired, the Bluetooth indicator light will become solid.
5. You can now stream audio from your device to the Zenergy Candle.

Sleep Timer

Set a timer for the sound and light to automatically turn off after a set period, ideal for falling asleep.

- Press the **Timer Button** to cycle through available timer settings (e.g., 15, 30, 60, 90 minutes, or OFF).
- The selected timer duration will be indicated by the corresponding light or a voice prompt.

OFFICIAL PRODUCT VIDEO

Watch this official video for a visual guide on the iHome Zenergy Candle's features and operation.

Your browser does not support the video tag.

Video: iHome Zenergy Flameless Candle & Bluetooth Sound Soother. This video demonstrates the sound modes, light therapy modes, flame-effect lighting, built-in breathing guide, timer function, Bluetooth streaming, and rechargeable battery.

MAINTENANCE

To ensure the longevity and proper functioning of your iHome Zenergy Candle, follow these maintenance guidelines:

- **Cleaning:** Use a soft, dry cloth to clean the exterior of the unit. Do not use liquid cleaners or abrasive materials.
- **Storage:** When not in use for extended periods, store the unit in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Care:** To preserve battery life, avoid fully discharging the battery frequently. Recharge the unit regularly, even if not in constant use.

TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Unit does not turn on or respond.	Battery is depleted; unit is frozen.	Charge the unit fully. If unresponsive, try resetting by holding the power button for 10 seconds or connecting/disconnecting the charger.
No sound or low volume.	Volume too low; sound mode not selected; Bluetooth device volume low.	Increase unit volume using the '+' button. Ensure a sound mode is active. Check volume on connected Bluetooth device.
Bluetooth pairing fails.	Unit not in pairing mode; device too far; interference.	Ensure unit is in pairing mode (flashing Bluetooth light). Move device closer to the unit. Turn off other Bluetooth devices to reduce interference.
Light effects not working.	Light mode not selected.	Press the Light Button to cycle through light modes.

SPECIFICATIONS

Product Dimensions: 3.55 x 3.55 x 4.85 inches; 14.89 ounces

Item Model Number: iZBT110W

ASIN: B08GCXF3LW

Brand: iHome

Color: White

Material: Plastic

Power Source: Battery Powered (Rechargeable)

Battery Life: Up to 9 hours of audio

Sound Modes: 15 soothing, naturally-recorded environmental and white noise sounds

Light Modes: 5 LED light therapy modes, Flame-Effect Candle Lighting

Connectivity: Bluetooth

WARRANTY AND SUPPORT

For warranty information and customer support, please visit the official iHome store or contact their customer service department. Keep your purchase receipt for warranty claims.

You can find more information and support resources on the [iHome Store on Amazon](#).

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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