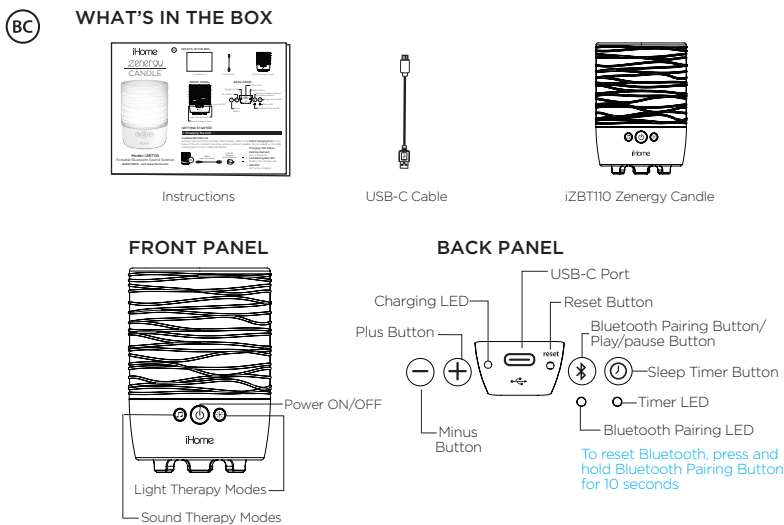


Model: iZBT110W.EXv23
Instruction manual - US English
Size: 350mm(W) x 120mm(H)
Folded Size: 175 x 120 mm
157gsm Art paper / 1C + 1C / Straight corners
May 05, 2023. v4



Model: iZBT110
Portable Meditative Light & Sound
Therapy Candle
QUESTIONS? visit www.ihome.com

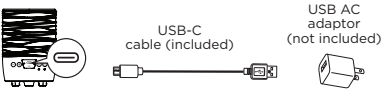


GETTING STARTED

1. Charging the Unit

CHARGE BEFORE USE

Connect one end of the included USB charging cable to the **USB-C Charging Port** on the back of the unit. Connect the other end to a USB AC adapter (not included) or the USB charging port on your computer/laptop.



Charging LED Status:

Flashing Red LED:

Unit is charging.

Fast Blinking Red LED:

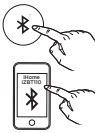
Battery low. Charge unit.

LED OFF:

Unit is fully charged.

2. Connecting to Bluetooth

- Press the **Power Button** to turn the unit ON.
- For first time use**, press and release the **Bluetooth Pairing Button** to enter pairing mode. **To manually pair**, press and hold the **Bluetooth Pairing Button** until the blue LED flashes.
- Select 'iHome iZBT110' on your device's Bluetooth menu to connect.



USING LIGHT THERAPY

Color light therapy can enhance the home through ambient or night-time lighting to help improve mood, energy and sleep.

Press the **Light Therapy Button** to access Light Therapy mode.

Continue to press as needed to cycle to each mode, including OFF:



- Candle:** Provides the ambiance of a calming candle flicker without the safety risks posed by a real flame
- Nightlight:** Deal for illuminating a small space
- Glow:** A gentle fading spectrum of solid colors creates a beautiful atmosphere for day or night mood lighting
- One Color:** Select the current color
- Pulse:** Light pulses to Bluetooth audio

ADJUSTING THE BRIGHTNESS

When you turn on Light Therapy or change a light mode **while sound is ON**, press the **-** or **+** **Buttons** within 5 seconds to adjust the brightness level. **Adjust light at anytime when sound is OFF**. Press and hold the **Light Therapy Button** for 2 seconds to exit light therapy mode. Press the **Light Therapy Button** again to resume mode at the last light pattern used.

USING SOUND THERAPY

Sound Therapy uses specially recorded and engineered sounds to cancel out distractions and allow your mind to calm.

- Press the **Sound Therapy Button** to access Sound Therapy mode. Continue to press to cycle to each mode:



Sound Therapy Modes:

4-7-8 Breathing Coach

Zen Dream

Meditation Trance

Storm Nature

Wind Chimes Air

Quiet Drive

Peace

Ocean

River

Focus

Off

- Press and release the **-** or **+** **Buttons** to adjust speaker volume.
 - Press and hold the **Sound Therapy Button** for 2 seconds to exit sound therapy mode.
- Note: After 60 minutes of no sound or light activity, unit will automatically power OFF. To resume operation, press the Power Button.

USING THE SLEEP TIMER

The programmable timer mode lets you set any combination of light and sound therapy for a set duration. The light and sound levels will gradually decrease over the last 15 minutes (fade begins right away if timer is set to 10 minutes or less) until the unit shuts off.

Press the **Sleep Timer Button** as needed to cycle to the desired timer duration: 10 minutes, 30 minutes, 1 hour, 2 hours, 4 hours, 6 hours, 8 hours, or OFF.

Timer mode is first indicated by a voice guide and the **Timer LED** next to the Timer button. Green indicates more than 60 minutes remaining, yellow indicates 30 minutes or less remaining and red indicates 10 minutes or less remaining.

Press and hold the Timer Button for 2 seconds to cancel timer mode. Timer mode is inactive when no timer indicator is lit.

CONNECTING + PLAYING BLUETOOTH AUDIO

Stream Bluetooth audio through the speaker in the unit:

- For first time use**, press and release the **Bluetooth Pairing Button** to enter pairing mode. **To manually pair**, press and hold the **Bluetooth Pairing Button** until the Bluetooth LED flashes.
- Select 'iHome iZBT110' on your Bluetooth device to connect.
- The **Bluetooth LED** will glow solid to confirm a device is connected.
- Press the **Bluetooth Pairing Button** to play/pause audio. Use the controls on your device to navigate tracks. Use the **+** and **- Buttons** on the unit to control volume.

RESETTING THE UNIT

In the event of interrupted operation, use the extended tip of a paper clip or other thin tool to press in the Reset Button pinhole located on the back of the unit.

MAINTENANCE

- Place unit on a level surface away from sources of direct sunlight/excessive heat.
- Protect your furniture when placing your unit on a natural wood and lacquered finish. A cloth or other protective material should be placed between it and the furniture.
- Clean your unit with a soft cloth moistened only with mild soap and water. Stronger cleaning agents such as thinner or similar materials can damage the surface of the unit.

WARNING/DISPOSAL OF UNIT

Do NOT attempt to change the battery. Doing so will void the warranty and could cause injury and damage to your device. To dispose of the unit, follow the instructions below:

- Never dispose of used batteries/electronics with ordinary solid wastes, since they may contain toxic substances.
- Always dispose of used batteries/electronics in accordance with the prevailing community regulations.
- Many electronics retailers now recycle batteries and other electronic components at no charge. To find a drop-off location near you, visit www.call2recycle.org

GENERAL BATTERY PRECAUTIONS

- Never use or charge a battery if it appears to be leaking, discolored, deformed, or in any way abnormal.
- Never disassemble the unit or attempt to remove battery as that could cause leakage of alkaline solution or other electrolytic substances.
- Avoid charging a rechargeable battery when the temperature is not within 5°C - 35° C (41° - 95° Fahrenheit).
- Never expose a battery to any liquid.
- Never expose a battery to excessive heat such as direct sunlight or fire. Never use a battery pack in an unventilated vehicle where excessive internal temperatures may be encountered.
- Always keep batteries out of the reach of infants and small children.

IMPORTANT SAFETY INSTRUCTIONS

Please heed all warnings, read and follow all instructions and keep these instructions handy for future reference.

- Do not use this product near water.
- Unplug unit and clean only with damp cloth. Stronger cleaning agents, such as Benzene, thinner or similar materials can damage the surface of the unit.
- Do not block any ventilation openings. Install in accordance with the manufacturer's instructions.
- Heat - This product should be situated away from heat sources such as radiators, heat registers, stoves or other appliances (including amplifiers) that produce heat.
- Only use attachments/accessories specified by the manufacturer.
- Unplug this product during lightning storms or when unused for long periods of time.
- Damage Requiring Service - This product should be serviced by qualified service personnel when:
 - Plug has been damaged.
 - Objects have fallen into or liquid has been spilled into the enclosure.
 - The unit has been exposed to rain. The unit has been dropped or the enclosure damaged.
 - The unit exhibits a marked change in performance or does not operate normally.
- No naked flame sources, such as lighted candles, should be placed on this product.
- Attention should be drawn to the environmental aspects of battery disposal.
- This product is suitable for use in tropical and/or moderate climates.

WARNING:

- To reduce the risk of fire or electric shock, do not expose this product to rain or moisture.
- Do not dispose of batteries in the household trash or fire.
- The mains plug of power adaptor is used as the disconnect device, it shall remain readily operable.
- If the unit is to be unused for an extended period of time, such as a month or longer, charge the unit fully before storage.
- Always use a UL/ETL certified charging adapter (not included), and the supplied USB charging cable.

FCC Information

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This device complies with Part 15 of the FCC Rules, operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

- Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
- NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

ISED Information

This equipment complies with IC RSS-102 radiation exposure limits set forth for an uncontrolled environment. This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- This device may not cause interference.
- This device must accept any interference, including interference that may cause undesired operation of the device. The device comply with ISED RF exposure requirement, users can obtain Canadian information on RF exposure and compliance.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Cet équipement est conforme aux limites d'exposition aux radiations IC CNR-102 établies pour un environnement non contrôlé.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

- L'appareil ne doit pas produire de brouillage;
 - L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.
- L'appareil est conforme aux exigences d'exposition RF ISED, les utilisateurs peuvent obtenir des informations canadiennes sur l'exposition aux RF et la conformité.
- Tout changement ou modification non expressément approuvé par la partie responsable de la conformité peut annuler l'autorité de l'utilisateur à utiliser l'équipement.

CAN ICES-3(B) / NMB-3(B)

ONE YEAR LIMITED WARRANTY

iHome Products, a division of SDI Technologies Inc. (hereafter referred to as SDI), warrants this product to be free from defects in workmanship and materials, under normal use and conditions, for a period of one (1) year from the date of original purchase. Should this product fail to function in a satisfactory manner, it is best to first return it to the store where it was originally purchased. Should this fail to resolve the matter and service still be required by reason of any defect or malfunction during the warranty period, SDI will repair or, at its discretion, replace this product without charge. This decision is subject to verification of the defect or malfunction upon delivery of this product to the Factory Service Center authorized by Customer Service.

If service is required, please contact Customer Service at ihomeaudio.com/support/contact to obtain a Return Authorization Number and shipping instructions. A copy of the sales receipt is required to validate in-warranty coverage. If proof of purchase cannot be produced, the product will be deemed out-of-warranty. The date of purchase, vendor, product model number, and purchase price must be legible and verifiable.

Disclaimer of Warranty

NOTE: This warranty is valid only if the product is used for the purpose for which it was designed. It does not cover (i) products which have been damaged by negligence or wilful actions, misuse or accident, or which have been modified or repaired by unauthorized persons; (ii) cracked or broken cabinets, or units damaged by excessive heat; (iii) damage to digital media players, CD's or tape cassettes (if applicable); (iv) the cost of shipping this product to the Factory Service Center and its return to the owner. This warranty is valid only in the United States of America and does not extend to owners of the product other than to the original purchaser. In no event will SDI or any of its affiliates, contractors, resellers, their officers, directors, shareholders, members or agents be liable to you or any third party for any consequential or incidental damages, any lost profits, actual, exemplary or punitive damages. (Some states do not allow limitations on implied warranties or exclusion of consequential damages, so these restrictions may not apply to you.) This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. Your acknowledgment and agreement to fully and completely abide by the above mentioned disclaimer of warranty is contractually binding to you upon your transfer of currency (money order, cashier's check, or credit card) for purchase of your SDI product.

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