



iHome Zenergy PORTABLE



Model: iZBT4
 Rechargeable Wireless Speaker + Sound Therapy

QUESTIONS? visit www.ihome.com or call 1-800-288-2792



WELCOME

Thank you for choosing the iZBT4 Zenergy Portable Wireless Speaker with Sound Therapy from iHome. For more information about this and other iHome products, please visit www.ihome.com

GETTING STARTED

This unit ships with the following items. Please check to see that all items are present.

1. iZBT4 speaker
2. USB Charging Cable
3. Carry Strap



1. iZBT4 speaker
2. USB Charging Cable
3. Carry Strap

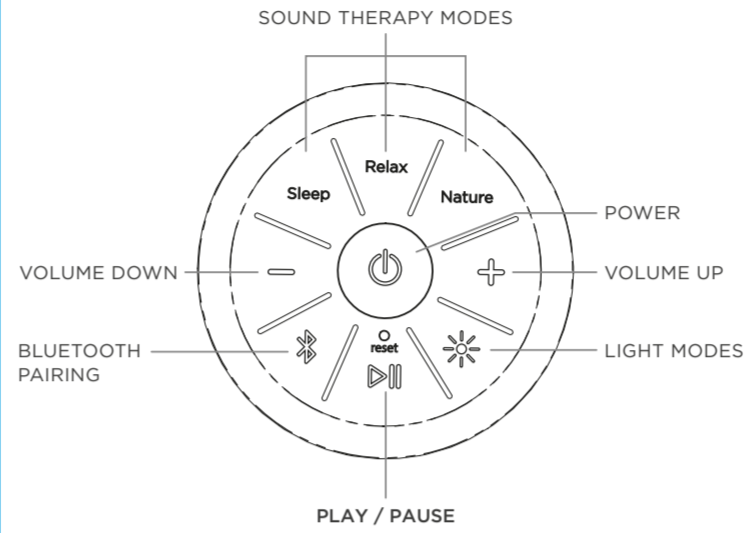
MAINTENANCE

- Place the unit on a level surface away from sources of direct sunlight or 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.

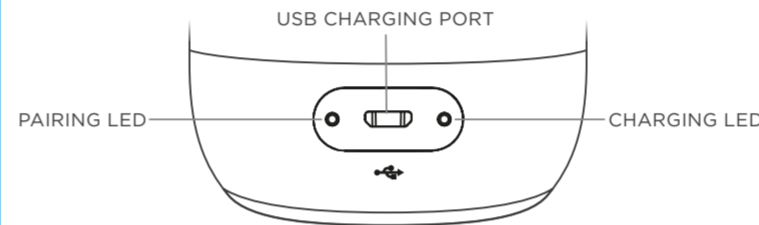
This product is not a medical device and is not intended to diagnose, treat, cure, or prevent any disease.

FEATURES & FUNCTIONS

BOTTOM PANEL

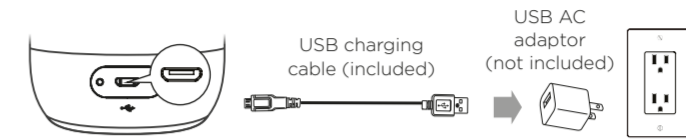


BACK PANEL



CHARGING THE IZBT4

Connect the small plug of the included USB charging cable to the USB port on the back of the unit. Connect the other end to a powered USB port.



POWER ON/OFF

Press the Power Button to turn the unit ON or OFF.

CONNECTING TO BLUETOOTH



LED INDICATORS

Charging LED:
 Fast flash red = battery low
When connected to USB:
 Blinking red = charging
 LED off = fully charged

Bluetooth Pairing LED:
 Blinking blue = pairing
 Solid blue = connected

RESET

In the event of interrupted operation, use the extended tip of a paper clip or other thin tool to press in the Reset button.

SOUND THERAPY MODE

Sound Therapy uses specially recorded and engineered sounds to allow your mind to calm. Press any one of three **Sound Therapy Buttons (Sleep, Relax, or Nature)** to access Sound Therapy mode. Continue to press to cycle to each mode:

SLEEP

- Air:** Brown noise is a low-toned repeating frequency, like a fan, which helps to negate distracting environmental noises
- Focus:** Pink noise is a medium-toned repeating frequency, like a soothing waterfall, which helps to negate distracting environmental noises
- Quiet:** The standard white noise repeating frequency, like radio static, which helps to actively negate distracting environmental noises
- Drive:** An authentically recorded car ride interior to negate distracting environmental noises
- 4-7-8:** A guided breathing meditation to soothe body and mind (see page 5 for details)

RELAX

- Zen:** A tonal melody in frequencies that mimic the Delta brainwaves of a mind in meditation or healing sleep
- Dream:** A tonal melody in frequencies that mimic the Theta brainwaves of a mind dreaming in REM sleep
- Peace:** White noise and Delta tone melodies layered together help to quiet a noisy environment and an over-active mind
- Meditation:** A calming breathing meditation sound effect for focus and relaxation (see page 5 for details)
- Trance:** A peaceful tonal melody designed to quiet the mind

NATURE (Authentic, Digitally Recorded Nature Sounds)

- Ocean:** Waves crashing on a beach
- Storm:** Subtle thunder and strong rainfall
- Nature:** Springtime woodland sounds
- River:** Flowing natural river after a storm
- Chimes:** Outdoor wind chimes and soothing breeze

MEDITATION & BREATHING

Research has shown that active breathing can calm the nervous system thereby reducing your heart rate and activating the parasympathic (calming) nervous system to improve memory, positively impact emotional behaviors to help cope with stress, anxiety and make it easier to fall asleep.

4-7-8 BREATHING GUIDE

4-7-8 breathing meditation features a soothing voiced guide that fades and synchronizes with pulsing lighting effects to control your breath, lower your heart rate and soothe the body and mind.

- 4 sec** Breathe in through your nose, filling the belly.
- 7 sec** Hold breath.
- 8 sec** Slowly exhale through your mouth.
Repeat.

CALMING BREATHING

Frequencies mimicking the delta brainwaves along with a calming breathing sound effect can help coax our minds into a deep meditative state. This is a great alternative and easier exercise than the 4-7-8 method.

- 5 sec** Breathe in slowly through your nose.
- 5 sec** Exhale slowly through your mouth.
Repeat.

LIGHT MODES

Press the Light Mode Button repeatedly to cycle through 5 light modes:

- Nightlight
- Glow
- One Color
- Pulse to Music
- Off



IMPORTANT SAFETY INSTRUCTIONS

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

Heat - The unit 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. This product is suitable for use in tropical and/or moderate climates.

The unit should be serviced by qualified service personnel when the enclosure damaged or does not operate normally.

No naked flame sources, such as lighted candles, should be placed on the apparatus.

INTERNAL RECHARGEABLE LITHIUM-ION BATTERY

This device uses an internal rechargeable lithium-ion battery that should last the lifetime of the device. If you suspect your battery may be dead, try charging it several times.

WARNING/DISPOSAL OF UNIT

Please do NOT attempt to change the battery yourself. Doing so may damage the unit and will void the warranty. When disposing of unit, follow the disposal instructions below:

- Never dispose of used batteries/electronics with ordinary solid wastes, since they contain toxic substances.
- Always dispose of used batteries/electronics in accordance with the prevailing community regulations that apply to the disposal of batteries/electronics. If there are no local regulations concerning battery/electronics disposal, please dispose of the device in a waste bin for electronic devices.
- Many electronics retailers now recycle batteries and other electronic components at no charge. Check to see which ones in your area do so.

CAUTION

The battery used in this device may present a risk of fire, explosion or chemical burn if mistreated

- Never use or charge the 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 substance.
- Always confirm that the temperature is 5°C - 35°C (41° - 95° Fahrenheit) before you charge the battery. Leakage or deterioration of the battery may occur if this warning is not heeded.
- Never expose the battery to any liquid.
- Never expose the battery to excessive heat such as direct sunlight or fire. Never use the battery pack in an unventilated vehicle where excessive internal temperatures may be encountered.
- Always keep the battery out of the reach of infants and small children.

FCC INFORMATION

FCC Radiation Exposure Statement

This equipment complies with FCC 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.

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

Canada Statement

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:

(1) This device may not cause interference.

(2) This device must accept any interference, including interference that may cause undesired operation of the device.

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:

(1) L'appareil ne doit pas produire de brouillage;

(2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction. le dispositif a été évalué à satisfaire l'exigence générale de l'exposition aux rf, l'appareil peut être utilisé dans des conditions d'exposition portatif sans restriction.

WARRANTY

For product support information and warranty please visit:
www.ihome.com/support

© 2019 SDI Technologies, Inc. All rights reserved
 Questions? Visit www.ihome.com
 or call 1-800-288-2792 Toll Free

IZBT4-190104-B(EN)

Printed in China

Jan 4, 2019

Model: iZBT4

FCC ID: EMOIZBT4
 IC: 986B-IZBT4

Jan 4, 2019