

Model: iZBT4
 Instruction manual - US English
 size: 408mm(W) x 150mm(H)
 Folded Size: 102 x 150 mm
 Date: Jan 4, 2019
 Mat: 100gsm paper (WF)
 Color: Black text on white background



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

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

Alr: 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 parasympathetic (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:

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

IMPORTANT SAFETY INSTRUCTIONS

Please read 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 related 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 charge 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 in accordance with the prevailing community regulations that apply to the disposal of batteries/electronics. If there are no local regulations concerning battery/electronic 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 misused

- Never use or charge the battery if it appears to be leaking, discolored, deformed, or in any way abnormal.
- Never disconnect 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 the 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

Model: iZBT4
 FCC ID: E040ZBT4
 IC: 9968-iZBT4

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. Heat 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 authorized radio/TV technician for help.

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

Canada Statement
 This device complies with Canadian (Industry Canada) standards that comply with Innovation, Science and Economic Development Canada's (ISED) Spectrum Management Act and 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.

Limite de l'émission radioélectrique
 Cet équipement respecte les normes canadiennes de compatibilité électromagnétique (CEM) établies par Innovation, Science et Développement Canada (ISD) en vertu de la Loi sur l'administration des spectres radioélectriques.
 (1) Cet équipement ne doit pas produire de brouillage.
 (2) L'utilisateur doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

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

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 Questions? Visit www.ihome.com or call 1-800-288-2792 Toll Free

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