

iHome

zenergy™

Model iZBT5

Portable Sound + Light
Therapy Bluetooth Speaker



**CHARGE
BEFORE
USE**



QUESTIONS? Visit www.ihome.com



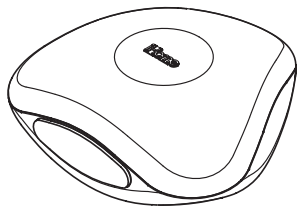
W E L C O M E

Thank you for choosing the iZBT5 from iHome. This user guide will get you up and running quickly and provide helpful hints to maximize enjoyment. For more information about this and other iHome products, please visit www.ihome.com

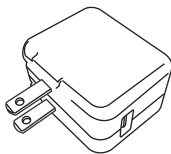
GETTING STARTED

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

- 1 iZBT5 speaker system
- 2 100-240V Universal USB AC power adaptor
- 3 USB charging cable
- 4 Carry strap



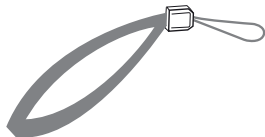
1



2 USB AC adaptor



3. USB charging cables



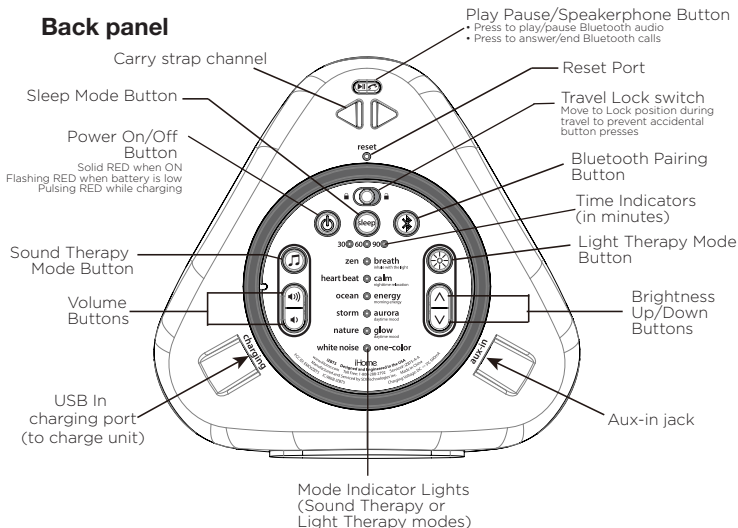
4. Carry strap



5. Auxiliary Input Cable

FEATURES & FUNCTIONS

Back panel



iHome Zenergy™ App

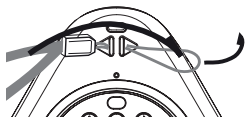
Download the free iHome Zenergy™ App from the Apple App Store or [Google Play](#) to extend and enhance the Light Therapy and Sound Therapy experience, including setting up alarms. See App for details.

Attaching the Carry Strap

A carrying strap is included with the iZBT5 for easy carrying or attaching to a backpack, etc.

To attach the strap, insert the small loop through the strap channel on top of the unit

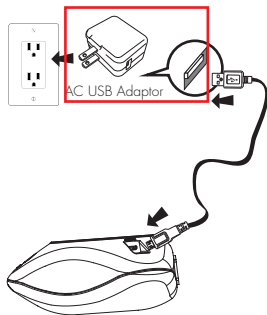
then pull the large loop through the small loop.




CHARGING THE iZBT5

This unit operates on an internal rechargeable battery. While the battery was fully charged at the factory, the battery may discharge during shipment. **MAKE SURE TO FULLY CHARGE THE BATTERY BEFORE USE.**

Plug the small plug end of the included USB charging cable into the USB charging port located on the left side of the unit and plug the other end into the included USB AC adapter. Plug the adapter into a working outlet not controlled by a light switch. The Power Button will glow red. Once fully charged, the unit should operate for up to **X** hours at moderate volume.





TIP: On some iOS (Apple) devices, you can view the iZBT5 battery status on your device's screen. When device is paired and connected, look for a vertical battery icon next to the Bluetooth icon on the upper right corner of the device's screen.

BATTERY CHARGE INDICATOR

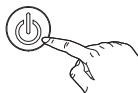
The battery charge level is indicated by the **Power Button**. The indication changes depending on whether or not the unit is charging (connected via USB to AC) or operating on the battery.


Connected via USB	Power Button	Battery Status
Yes	Flash red light	Charging
Yes	Solid red light	Charged
No	Solid red light	Battery is good
No	Blinking red light	Battery needs charge

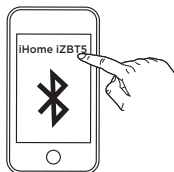
BLUETOOTH


PAIRING

Pairing establishes a unique communication connection between the unit and your Bluetooth device. Once paired, you will be able to stream audio wirelessly to the iZBT5.



1. Turn on your Bluetooth device and make it “discoverable” by turning on Bluetooth mode (check in Options or Settings).
2. *Press and release* the  **Power Button to turn on the iZBT5. The first time the unit is turned on it will enter auto pairing mode:** ascending tones will sound and the indicator light on the front of the unit will flash **red** while the unit attempts to pair. “iHome iZBT5” should appear on your device’s menu. Select “iHome iZBT5” on device to begin/complete pairing. If your device asks for a password, enter 1234 on the keyboard of your device. A tone will sound and the **red** indicator will glow solid. If no device is paired within 3 minutes, the unit will revert to its previous state.





3. To pair with a different Bluetooth device, or at a different time, make sure unit is powered on, then *press and hold* the  **Bluetooth Button** (located on back of the unit) for 2 seconds. Select “iHome iZBT5” on device to begin/complete pairing.



The next time you power on the unit it will automatically link with the previously paired device as long as that device is still within range (about 33 feet). To clear/reset Bluetooth, press and hold the Bluetooth button for 10 seconds.



PLAYING AUDIO VIA BLUETOOTH

1. Press and *release* the  **Power Button** to turn on the iZBT5.
2. Press and release the  **Play/Pause/Call Button** to play or pause audio. Press 2x to skip to the next song, press 3x to return to the start of the current track or go to the previous track (depending on where you are in the track).
3. Press and release the  **Volume Buttons** to adjust speaker volume. You can also adjust the output volume on your Bluetooth device.
4. When done listening, press and release the **Power Button** to power off the unit.

NOTE: To save battery life the unit will automatically power off if there is no audio detected for 15 minutes.

USING THE SPEAKERPHONE


Unit must be powered ON and paired with a Bluetooth-enabled phone to use the speakerphone feature. When a call is received, current audio is paused.

1. Press and release the  **Play/Pause/Call Button** to answer a call.
Press and hold to ignore or end a call.
2. Press and release the  **Play/Pause/Call Button** to place a current call on hold and answer a new call (call waiting) and to switch between 2 calls.

LIGHT & SOUND THERAPY MODES



LIGHT THERAPY MODE

Circadian rhythms, or our internal clocks, are linked to changing wavelengths of light throughout the day. Color Light Therapy simulates these wavelengths, triggering subtle biological responses that can help improve sleep, energy, and mood. Light Therapy mode includes 6 separate clinically proven modes to help you feel great.

1. Press the  **Light Therapy Button** to access Light Therapy mode. Continue to press to cycle to each mode:


<i>Breath:</i>	Inhale and hold with the amber light and exhale with the red, matching your breath to this timed pattern can lower your heart rate and calm your mind
<i>Calm:</i>	Swirling red-toned lights calm the mind at night and stimulate the production of melatonin, helping to prepare the body for sleep
<i>Energy:</i>	Swirling blue-toned lights inhibit melatonin, increase morning alertness, and energize the mind
<i>Aurora:</i>	A swirling spectrum of colors creates a beautiful atmosphere for day or night mood lighting (not recommended before sleep)
<i>Glow:</i>	A gentle fading spectrum of solid colors creates a beautiful atmosphere for day or night mood lighting (not recommended before sleep)
<i>One Color:</i>	Select the current color
<i>Off:</i>	Turn Light Therapy OFF

The current mode is shown by the lit indicator beside its name.

2. Press the   **Brightness Buttons** to adjust the intensity of the light to suit your mood and room conditions.

SOUND THERAPY MODE

Distracting noises or a racing mind can make it hard to sleep at night or focus during the day. Sound Therapy uses specially recorded and engineered sounds to cancel out these distractions and allow your mind to calm. Sound Therapy mode includes 6 separate modes to help you feel great.

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

<i>Zen:</i>	A tonal melody in frequencies that mimic the Delta brainwaves of a mind in meditation or healing sleep
<i>Heartbeat:</i>	Listening to a relaxed heart beat encourages your own heart beat to slow to match it
<i>Ocean:</i>	Authentic, digitally recorded ocean sounds
<i>Storm:</i>	Authentic, digitally recorded storm and rainfall sounds
<i>Nature:</i>	Authentic, digitally recorded springtime woodland sounds
<i>White Noise:</i>	The standard white noise repeating frequency, like radio static, which helps to actively distracting environmental noises
<i>Off:</i>	Turn Sound Therapy OFF.

The current mode is shown by the lit indicator beside its name.

2. Press and release the  **Volume Buttons** to adjust speaker volume.

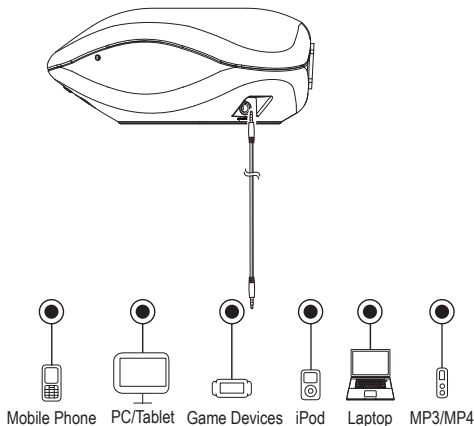
NOTE: Press and hold the Sound Therapy button for 2 seconds will change sound mode to BT playing mode.

Using the iHome Zenergy™ App

Download the free iHome Zenergy™ App from the Apple App Store or [Google Play](#) to extend and enhance the Light Therapy and Sound Therapy experience, including setting up alarms. See App for details.

LISTENING TO AUX DEVICES

1. Connect a standard audio cable with 3.5mm plug to the headphone or line-out jack on your AUX device and the other end to the AUX IN jack located on the right back of the iZBT5.
2. Press and release the **Power Button** to turn on the unit.
3. Turn on your AUX device and use its controls to play, pause and navigate audio tracks. Adjust the volume on your AUX device to maximum output.
4. Press the **◀ or ▶ Button** on the unit to adjust the system volume.
5. Press and release the **Power Button** to turn off the unit when through listening. Remember to turn off your AUX device, too.




S L E E P M O D E

Sleep mode lets you sleep to your Bluetooth audio device for the set sleep duration, then turns the unit off. During sleep mode, any current light therapy sound levels and/or light therapy brightness levels will gradually be lowered to off.

Press the **Sleep Button** as needed to cycle to the desired sleep duration: **30, 60, or 90** minutes shown by the lit indicator on the back of the unit.

Press the **Sleep Button** during sleep to set sleep to next (**higher**) sleep duration.

T R A V E L L O C K

The Travel Lock Switch located on the back of the unit prevents unwanted button activation when in the Locked position .

To operate the unit, make sure switch is in the Unlocked position .

R E S E T P O R T

The Reset Port is located on the back of the unit. If the unit is “frozen”, or does not respond properly, insert the end of a paperclip or similar into the port. This will reset the unit to factory default settings and you will need to re-pair any



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.

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. **If the battery does not recharge, please contact Customer Service at -1-800-288-2792.**

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.

TROUBLESHOOTING

Symptom	Possible reason	Solution
Unit won't turn on	Unit isn't charged or currently charging. USB AC adaptor isn't plugged into a working wall socket or not properly connected to the charging jack on side of the unit	Plug the USB AC adaptor into a working wall socket and plug the USB charging cable into the charging port on the unit. Make sure any associated wall switch that controls the outlet is ON. Make sure unit is fully charged.
	Travel lock is on	Slide Travel Lock switch to Unlock position
Device does not respond to the unit and/or device is playing but no sound comes out/ unit doesn't respond	Unit is not properly connected to power source and/or Power Button is not ON/device is paused	Make sure the unit is properly charged. Check that the unit is ON. Try adjusting volume on unit and audio device. Also try pressing the Play/Pause Button. Make sure unit is properly paired to your device (check that iHome iZBT5 appears in the Bluetooth menu). If these fail, reset unit.
Erratic performance	External interference	Move unit away from potential sources of external interference such as computers, modems, wireless devices (routers) or fluorescent light.
No sound	Volume is too low	Turn volume up on unit and/or your device
Sound distorted	Volume is too high	Turn volume down on unit and your device
	Sound source is distorted	If the original sound file (MP3) is old or of poor quality, distortion and noise are easily noticed with high-power speakers. Try upgrading file from a trusted source such as iTunes.
Unit doesn't charge up	Unit is not properly connected to AC power via USB charge cable/USB AC adapter	Please make sure all connections are correct and that the USB AC adapter is connected to a working power outlet.

FCC Information

iZBT5

FCC ID:EMOIZBT5
IC:986B-IZBT5

FCC Radiation Exposure Statement

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.

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

Canada Statement

This device complies with Industry Canada's licence-exempt RSSs. Operation is subject to the following two conditions:

- (1) This device may not cause interference; and
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie 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'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

The device meets the exemption from the routine evaluation limits in section 2.5 of RSS 102 and compliance with RSS-102 RF exposure, users can obtain Canadian information on RF exposure and compliance.

Le dispositif rencontre l'exemption des limites courantes d'évaluation dans la section 2.5 de RSS 102 et la conformité à l'exposition de RSS-102 rf, utilisateurs peut obtenir l'information canadienne sur l'exposition et la conformité de rf.

IMPORTANT SAFETY TIPS

When used in the directed manner, this unit has been designed and manufactured to ensure your personal safety. However, improper use can result in potential electrical shock or fire hazards. Please read all safety and operating instructions carefully before installation and use, and keep these instructions handy for future reference. Take special note of all warnings listed in these instructions and on the unit.

1. **Water and Moisture** – The unit should not be used near water. For example: near a bathtub, washbowl, kitchen sink, laundry tub, swimming pool or in a wet basement.
2. **Ventilation** – The unit should be situated so that its location or position does not interfere with its proper ventilation. For example, it should not be situated on a bed, sofa, rug or similar surface that may block ventilation openings. Also, it should not be placed in a built-in installation, such as a bookcase or cabinet, which may impede the flow of air through the ventilation openings.
3. **Heat** – The unit should be situated away from heat sources such as radiators, heat registers, stoves or other appliances (including amplifiers) that produce heat.
4. **Power Sources** – The unit should be connected to a power supply only of the type described in the operating instructions or as marked on the appliance. Only use the AC adapter that came with the unit.
5. **Power-Cable Protection** – Power supply cables should be routed so that they are not likely to be walked on or pinched by items placed upon or against them. It is always best to have a clear area from where the cable exits the unit to where it is plugged into an AC socket.
6. **Cleaning** – The unit should be cleaned only as recommended. See the Maintenance section of this manual for cleaning instructions.
7. **Objects and Liquid Entry** – Care should be taken so that objects do not fall and liquids are not spilled into any openings or vents located on the product.
8. **Attachments** – Do not use attachments not recommended by the product manufacturer.
9. **Lightning and Power Surge Protection** – Unplug the unit from the wall socket and disconnect the antenna or cable system during a lightning storm or when it is left unattended and unused for long periods of time. This will prevent damage to the product due to lightning and power-line surges.
10. **Overloading** – Do not overload wall sockets, extension cords, or integral convenience receptacles as this can result in a risk of fire or electric shock.
11. **Damage Requiring Service** – The unit should be serviced by qualified service personnel when:
 - A. the power supply cable or plug has been damaged.
 - B. objects have fallen into or liquid has been spilled into the enclosure.
 - C. the unit has been exposed to rain.
 - D. the unit has been dropped or the enclosure damaged.
 - E. the unit exhibits a marked change in performance or does not operate normally.
12. **Periods of Nonuse** – If the unit is to be left unused for an extended period of time, such as a month or longer, charge the unit fully before storage.
13. **Servicing** – The user should not attempt to service the unit beyond those methods described in the user's operating instructions. Service methods not covered in the operating instructions should be referred to qualified service personnel.
14. **Magnetic Interference:** This product's speakers contain powerful magnets which could cause interference or damage to sensitive equipment such as hard drives, CRT televisions and monitors, as well as medical, scientific, and navigational devices. Keep this unit away from these products at all times.

LIMITED 1 YEAR 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 call Customer Service at 1-800-288-2792 to obtain a Return Authorization Number and shipping instructions.

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 willful 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.

© 2016 SDI Technologies, Inc. All rights reserved
Questions? Visit www.ihome.com
or call 1-800-288-2792 Toll Free