iZBT3 - QSG (English)
Size: 510 x 150 mm (folded 102 x 150 mm)
Material: 157g Art paper
Color: 1C + 1C (black)

Mar. 11, 2021

iHome

Zenergy

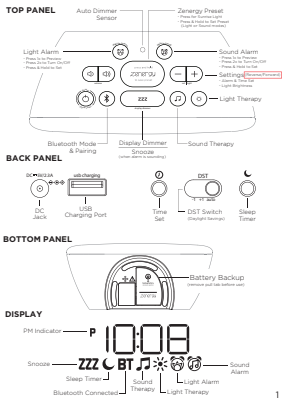
SUNRISE

Model: iZBT3

White Noise Machine with Sunrise Wake Up

QUESTIONS? visit www.ihome.com

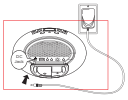
OVERVIEW



GETTING STARTED

1. Connecting the Unit

Connect the included AC adapter to the DC jack located on the back of the unit and connect the other end to a working wall outlet not controlled by a light switch. Remove the battery pull tab from the bottom of the unit. Press **Power** to turn the unit ON.



2. Connecting to Bluetooth

- Turn on your Bluetooth device and make it 'discoverable' by turning on Bluetooth mode.
- Press and hold the **Bluetooth Pairing Button** on the top of the iZBT3 until the Bluetooth Pairing Icon flashes to indicate the unit is in pairing mode.
- Select 'iHome iZBT3' on your device's Bluetooth menu to connect!

3. Setting Your Clock

1. Press and hold the **Time Set Button** on the back of the unit until the display flashes and a beep sounds. Release the **Time Set Button**.
2. Press the **–** or **+ Buttons** to adjust the time and tap **Time Set** to confirm (make sure to set correct AM/PM time). The PM indicator appears on the left side of the display. (There is no AM indicator.)
3. Press the **–** or **+ Buttons** to adjust the year, and tap **Time Set** to confirm.
4. Press the **–** or **+ Buttons** to adjust the month, and tap **Time Set** to confirm.
5. Press the **–** or **+ Buttons** to adjust the date, and tap **Time Set** to confirm clock settings.

By default, the DST Switch is set to Auto and will automatically adjust the time in March and November.

Tip: To toggle between 12/24 hour time displays, press the Sound Alarm Button or the Light Alarm Button while in Time Set mode.

LIGHT THERAPY

Press the **Light Button** repeatedly to cycle through light therapy modes:

Sunrise Light
Glow
Hue
Day
OFF

NOTE: Press & Hold to Turn OFF current Light Therapy Mode

SOUND THERAPY

Press the **Sound Button** repeatedly to cycle through sound therapy modes:

Meditate
4-7-8
Zen
Dream
Peace
Trance
Nature
Ocean
River
Storm
Wind Chimes
Air
Drive
Focus
Quiet
OFF

NOTE: Press & Hold to Turn OFF current Sound Therapy Mode

PROGRAMMABLE THERAPY PRESETS

The unit allows you to store presets to easily access your favorite light and sound mode combinations.

1. When your preferred sound and light modes are active, press and hold the **Zenergy Button** to set up a preset.
2. Once set, press the **Zenergy Button** to activate your preset at any time.

SETTING A SOUND ALARM

1. *Press and hold* the **Sound Alarm Button** for 2 seconds until the alarm time display and alarm icon flash, and a beep sounds. Release the button.
2. Press the **–** or **+ Buttons** to adjust the alarm time to the desired time (hold for rapid setting). Make sure you set the correct AM/PM alarm time. The PM indicator appears to the left of the display.((There is no AM indicator.)
3. Press the **Sound Alarm Button** to confirm the alarm time setting. The alarm schedule will flash: 7 (every day), 5 (weekdays) or 2 (weekend only). Press the **–** or **+ Buttons** to select the desired alarm schedule.
4. Press the **Sound Alarm Button** to confirm the alarm schedule. The wake-to source will flash.
5. Press the **–** or **+** Buttons to select a wake-to alarm source: Bluetooth or Tone:

If Wake to Bluetooth: Press the **Sound Alarm Button** to confirm.

If Wake to Tone: Press the **Sound Alarm Button** to confirm, then use the **–** or **+ Buttons** to select a tone.

6. Press the **Sound Alarm Button** to confirm wake-to source. The alarm volume will flash. Press the **–** or **+ Buttons** to adjust the alarm volume.
7. Press the **Sound Alarm Button** to confirm alarm volume and exit alarm setting mode. 2 beeps will confirm alarm setting is complete. The alarm icon on the display indicates alarm is armed.

SETTING A LIGHT ALARM

1. *Press and hold* the **Light Alarm Button** for 2 seconds until the alarm time display and alarm icon flash, and a beep sounds. Release the button.
2. Press the **–** or **+ Buttons** to adjust the alarm time to the desired time (hold for rapid setting). Make sure you set the correct AM/PM alarm time. PM indicator appears to the left of the display. (There is no AM indicator.)
3. Press the **Light Alarm Button** to confirm the alarm time setting. The alarm schedule will flash: 7 (every day), 5 (weekdays) or 2 (weekend only). Press the **–** or **+ Buttons** to select the desired alarm schedule.
4. Press the **Light Alarm Button** to confirm alarm settings and exit alarm setting mode. 2 beeps will confirm alarm setting is complete. The alarm icon on the display indicates alarm is armed.

For light alarm, the unit will ramp up the sunrise light 20 min before the scheduled alarm time, and gradually increases to 100% brightness over the course of 20 mins.

TURNING THE ALARM ON/OFF

Preview the Alarm: Press and release the corresponding **Alarm Button (Light or Sound)** to preview the alarm time.

Arm/Disarm: Press and release the corresponding **Alarm Button (Light or Sound)** TWICE to toggle the alarm ON and OFF, indicated by the related LED indicator.

When the alarm sounds, press the corresponding **Alarm Button (Light or Sound)** or the **Power/Alarm Reset Button** to disable the alarm and reset it for the next day.

SNOOZE

When the alarm is sounding, press the **Snooze/Dimmer Button** to snooze (default is 9 minutes).

DISPLAY AUTO DIMMER

This unit is equipped with a sensor that will automatically adjust the brightness of the clock display based on ambient light in your room. When the room is well lit, the display will adjust to Hi brightness for better visibility. In a dark room, it will dim to a lower brightness. You can adjust the "lower limit" of the Auto-dimmer to fit your personal preference of display brightness in a dark room.

The 3 options are:
"Auto 2" – minimum brightness setting will be level 2
"Auto 1" – minimum brightness setting will be level 1
"Auto 0" – clock display will turn FULLY OFF in a dark room

To adjust Dimmer settings:
Press the **Snooze/Dimmer Button repeatedly** to cycle through brightness levels: Auto 1, Auto 2, Auto 0, Hi, 3, 2, Lo, or OFF.

(Note: choosing **Hi, 3, 2, Lo, or OFF** are fixed settings and will not auto-adjust.)

PROGRAMMABLE SNOOZE

Set the duration of your snooze timer:

1. To program Snooze, press and hold the **Snooze/Dimmer Button** for 2 seconds during normal operation (when no alarm is sounding). Release the button.
2. Press the **–** or **+ Buttons** to select the desired snooze time (between 3 and 29 minutes).
3. Press the **Snooze/Dimmer Button** again to confirm setting.

SETTING A SLEEP TIMER

To set a sleep timer:

1. Press the **Sleep Button** as needed to cycle to the desired sleep timer duration: 120, 90, 60, 30, 15 minutes, or OFF.
2. Press release the **Sleep Button** during Sleep Mode to review the remaining sleep time.

USB CHARGING

1. Connect the standard end of a USB cable (not included) to the USB port on the back of the unit.
2. Connect the other end to the charging port on your device.

Note: Unit must be connected to a power outlet in order to charge devices.

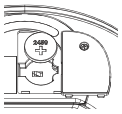
MAINTENANCE

- 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.

BATTERY BACK-UP

The unit uses a CR-2450 back-up battery to provide continuous alarm operation and clock settings in the event of a temporary power failure. Remove the battery pull tab before use. When 'Lo Batt' flashes on the clock display, it is time to replace the back-up battery. The battery compartment is located on the bottom of the unit.

1. Make sure the AC adapter is connected, or you will lose your time and alarm settings during battery replacement.
2. Use a Phillips screwdriver to open the battery compartment door.
3. Insert a fresh CR-2450 battery, checking that the polarity match the markings on the unit. Replace the compartment door. Do not overtighten.



⚠WARNING

- Do not ingest the battery, Chemical Burn Hazard. This product contains a coin/button cell battery. If the coin/button cell battery is swallowed, it can cause severe internal burns in just 2 hours and can lead to death.
- Keep new and used batteries away from children. If the battery compartment does not close securely, stop using the product and keep it away from children. If you think batteries might have been swallowed or placed inside any part of the body, seek immediate medical attention."
- CAUTION - RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE. DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.

IMPORTANT SAFETY INSTRUCTIONS

Please head all warnings; read and follow all instructions and keep these instructions handy for future reference.

1. Do not use this product near water.
2. 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.
3. Do not block any ventilation openings. Install in accordance with the manufacturer's instructions.
4. Heat – This product should be situated away from heat sources such as radiators, heat registers, stoves or other appliances (including amplifiers) that produce heat.
5. Only use attachments/accessories specified by the manufacturer.
6. Unplug this product during lightning storms or when unused for long periods of time.
7. 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.
8. No naked flame sources, such as lighted candles, should be placed on this product.
9. Attention should be drawn to the environmental aspects of battery disposal. Many electronics retailers now recycle batteries and other electronic components at no charge. To find a drop-off location near you, visit www.call2recycle.com
10. 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.

Model: iZBT3

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.
This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

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:
(1) This device may not cause interference.
(2) 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.
This equipment should be installed and operated with a minimum distance of 20 cm between the radiator and your body.
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 :
(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.
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.
Cet équipement doit être installé et utilisé avec une distance minimale de 20 cm entre le radiateur et votre corps.
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)

WARRANTY

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

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