

iHome

zenergy

SALT LAMP + SOUND THERAPY



Model: iZH478

Salt Lamp + Sound Therapy

QUESTIONS? visit www.ihome.com



CAUTION
RISK OF ELECTRIC SHOCK.
DO NOT OPEN



CAUTION: TO REDUCE THE RISK OF ELECTRIC SHOCK, DO NOT REMOVE COVER (OR BACK). NO USER-SERVICEABLE PARTS INSIDE. REFER SERVICING TO QUALIFIED SERVICE PERSONNEL.

WARNING: TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, DO NOT EXPOSE THIS APPLIANCE TO RAIN OR MOISTURE.

AVERTISSEMENT: POUR RÉDUIRE LE RISQUE D'INCENDIE OU DE CHOC ÉLECTRIQUE, NE PAS EXPOSER CET APPAREIL SOUS LA PLUIE ET L'HUMIDITÉ



The lightning flash with arrowhead symbol, within an equilateral triangle, is intended to alert the user of the presence of uninsulated "dangerous voltage" within the product's enclosure that may be of sufficient magnitude to constitute a risk electric shock to persons.



The exclamation point within an equilateral triangle is intended to alert the user of the presence of important operating and maintenance (servicing) instructions in the literature accompanying the appliance.

CAUTION: To prevent electric shock, do not use this (Polarized) plug with an extension cord receptacle, or other outlets unless the blades can be fully inserted to prevent blade exposure.

ATTENTION: Pour prévenir les chocs électriques ne pas utiliser cette fiche polarisée avec un prolongateur. Une prise de courant, ou une autre sortie de courant sauf si les lames peuvent être insérées à fond sans en laisser aucune partie à découvert.

IMPORTANT SAFETY INSTRUCTIONS

DANGER - To reduce the risk of electric shock:

Always unplug this furnishing from the electrical outlet before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

- Read these Instructions.
- Keep these Instructions.
- Heed all Warnings.
- Follow all instructions.
- Clean only with a dry cloth.
- The unit should not be used near water.
- Heat - The unit should be situated away from heat sources such as radiators, heat registers, stoves or other appliances (including amplifiers) that produce heat.
- 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.
- Attachments - Do not use attachments not recommended by the product manufacturer.
- Use this product only for its intended use as described in these instructions. Do not use attachments not recommended by the manufacturer.
- Never operate this furnishing if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the product to a service center for examination and repair.
- Never operate the furnishing with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- 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.
- Do not defeat the safety purpose of the polarized or grounding - type plug. A polarized plug has two blades with one wider than the other. A grounding type plug has two blades and a third grounding prong. The wide blade or the third prong are provided for your safety. When the provided plug does not fit into your outlet, consult an electrician for replacement of the obsolete outlet.
- Unplug from outlet before putting on or taking off parts
- Close supervision is necessary when this furnishing is used by, or near children, invalids, or disabled persons.

- Keep the cord away from heated surfaces.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered
- This product is for use on a circuit having a nominal rating 120 volts and is factory-equipped with specific electric plug to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.
- 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.
- SAVE THESE INSTRUCTIONS

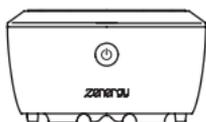
WELCOME

Thank you for choosing the iZH478 Zenergy Salt Lamp from iHome. This user guide will get you up and running quickly. For more information about this and other iHome products, please visit www.ihome.com

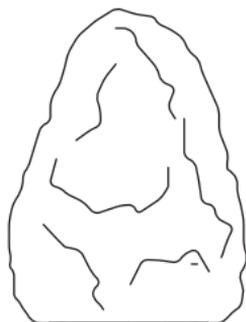
GETTING STARTED

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

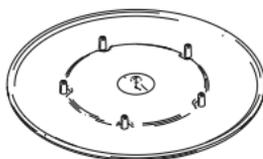
1. iZH478 speaker base
2. iZH478 salt crystal
3. Protective coaster
4. 15 watt bulb



1. iZH478 speaker base



2. iZH478 salt crystal



3. Coaster

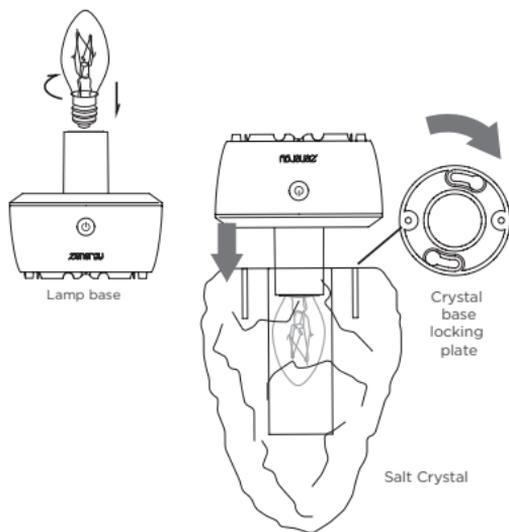


4. 15 Watt bulb

SETTING UP YOUR LAMP

Remove all items from packaging. Remove shrink wrap from Salt Crystal and discard properly. Set Salt Crystal and coaster aside nearby. **WARNING: Remove silica packets from inside the salt rock before inserting light bulb.**

1. Remove 15 Watt bulb from box and insert into lamp by screwing right (clockwise).
2. Firmly hold Salt Crystal upside down. Insert the lamp base into the Salt Crystal, making sure to align the posts on the lamp base with the locking plate on the Crystal. Twist the lamp base clockwise to lock into place.
3. After the salt crystal fixed on the lamp base, turn the complete unit upside down (The lamp base located at the bottom) and place the lamp base on the protective coaster.



CONNECTING THE IZH478

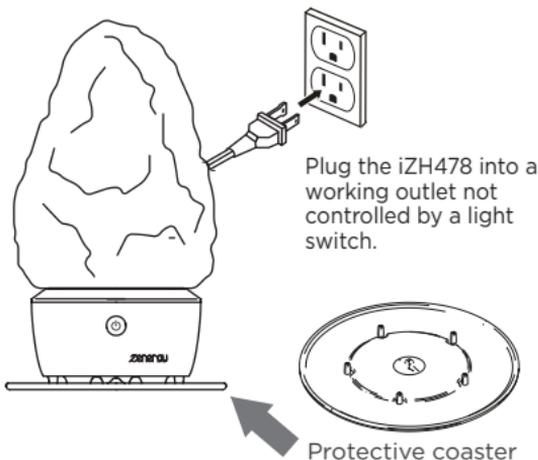
Plug the iZH478 into a working outlet not controlled by a light switch.

NOTE: Polarization instruction.

*TO PREVENT ELECTRIC SHOCK,
MATCH WIDE BLADE OF PLUG TO
WIDE SLOT*

*POUR EVITER LES CHOCS
ELECTRIQUES, INTRODUIRE LA LAME
LA PLUS LARGE DE LA FICHE DANS
LA FENTE LA PLUS LARGE*

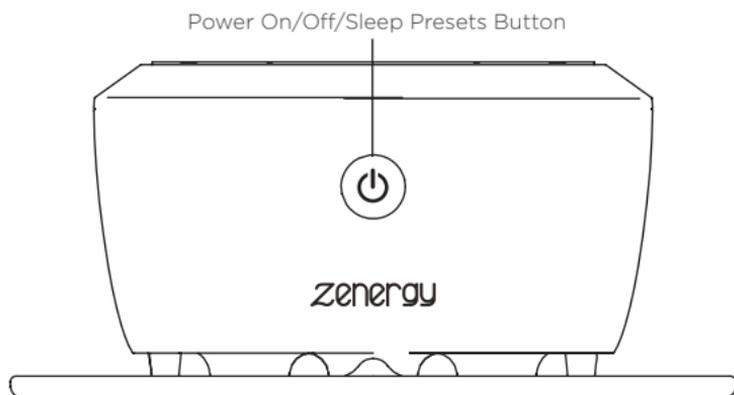
To reduce the risk of electric shock, this furnishing has a polarized plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet. Do not change the plug in any way.



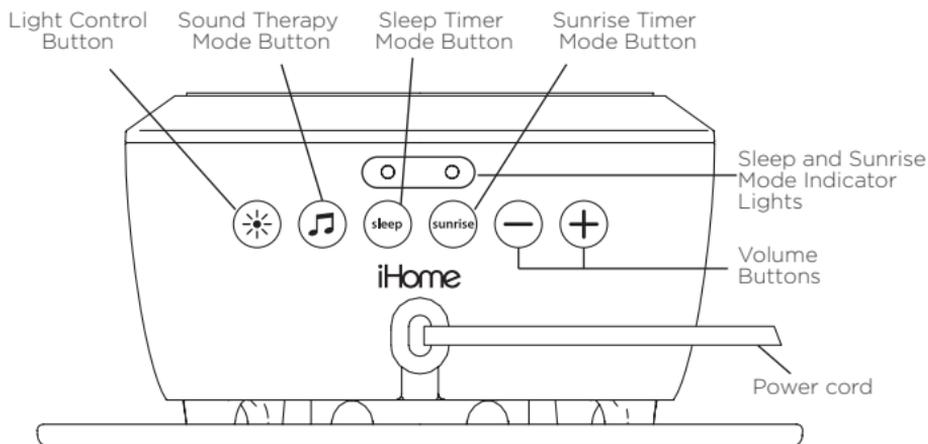
CONNECTING THE IZH478

(Salt Crystal not shown)

FRONT PANEL



BACK PANEL



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.

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

4-7-8 Breathing Guide 4-7-8 breathing meditation features a soothing voice guide and resonating tones to help slow your breath, lower your heart rate, and calm your body and mind

Calming Meditation Deep, resonating tones and continuous flowing waves mimic the mind and breath of relaxing meditation.

Zen A tonal melody in frequencies that mimic the Delta brainwaves of a mind in meditation or healing

Dream A tonal melody in frequencies that mimic the Theta brainwaves of a mind dreaming in REM sleep

Ocean Authentic, digitally recorded ocean sounds

Storm Authentic, digitally recorded storm and rainfall sounds

Nature Authentic, digitally recorded springtime woodland sounds

Air A low-toned noise frequency, like a fan, which helps to muffle background noises to promote relaxation and sleep

Focus A medium-toned pink noise frequency, like a waterfall, which helps to promote concentration

Quiet A high toned white noise frequency, like radio static, which helps to negate distracting environmental noises

Off Turn Sound Therapy OFF

2. Press and release the **-** or **+** **Volume Buttons** to adjust speaker volume.
3. Press and hold the **Sound Therapy Button** for 2 seconds to exit sound therapy mode. Press the Sound Therapy Button again to resume at the last used sound preset.

LIGHT CONTROL

1. Press the  **Light Control Button** to turn lamp on. Press as needed to adjust brightness levels. Settings are high, medium, low and off.

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 to the 4-7-8 method.

5 sec Breathe in slowly through your nose.

5 sec Exhale slowly through your mouth.

Repeat.

SLEEP TIMER MODE

The programmable sleep 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: 5 hours, 90, 60, 30, 20, 10, 5, 2 minutes or off. Sleep mode is first indicated by a voice guide and the timer indicator light above the Sleep button. Green indicates more than 60 minutes remaining, yellow indicates 10-59 minutes remaining and red indicates 10 minutes or less remaining.

Press and hold the **Sleep Timer Button** for 2 seconds to cancel timer mode. Timer mode is inactive when no timer indicator is lit. A voice will announce "Sleep timer off".

SUNRISE TIMER MODE

The programmable sunrise timer mode lets you wake to the light after a set time interval. The light level will gradually increase over the last 10 minutes until the unit shuts off.

Press the **Sunrise Timer Button** as needed to cycle to the desired interval duration: 6 hours, 6 and half hours, 7 hours, 7 and a half hours, 8 hours, 8 and a half hours, 9 hours, or off. Sunrise mode is first indicated by a voice guide and the timer indicator light above the Sunrise button. Green indicates more than 60 minutes remaining, yellow indicates 10-59 minutes remaining and red indicates 10 minutes or less remaining.

Press and hold the **Sunrise Timer Button** for 2 seconds to cancel Sunrise mode. Sunrise mode is inactive when no Sunrise indicator is lit. A voice will announce "Sunrise timer off".

USING SLEEP PRESETS

To save the current sleep settings (selected sound therapy mode, sleep timer, volume and light brightness settings), *press and hold* the **Power Button** for 5 seconds. *Press and hold* the **Power Button** for 2 seconds to activate preset.

MAINTENANCE & CARE INSTRUCTIONS

CARE INSTRUCTIONS

- Salt crystals can pull moisture from the air, resulting in condensation. A cloth or other protective material should be placed between the lamp and the furniture.
- Place the unit on a sturdy, level surface that can withstand the weight of the salt crystal.
- Place away from sources of excessive heat or cold.
- Avoid getting the Himalayan salt crystal wet. Do not place or leave the lamp in extremely damp rooms or outdoors.
- Dry the Lamp promptly when wet. You can use a soft cloth to wipe away excessive water build-up, or simply switch the lamp on so that the warmth of the light dries it. If moisture persists, place the Lamp in direct sunlight for several hours until it completely dries.
- Use a candle lamp bulb with screw-on bases (Type E12) with a wattage not to exceed 15 watts as a replacement only. Light bulbs with wattage of more than 15 can heat the lamps too much.

CLEANING INSTRUCTIONS

- Clean the base of the unit with a soft cloth moistened only with warm water. Stronger cleaning agents such as thinner or similar materials can damage the surface of the unit. The coaster can be removed and rinsed in sink as needed.
- Use a moistened dishcloth to remove dirt or dust build-up from the salt crystal, then allow the lamp to dry by the means mentioned above.

STORAGE INSTRUCTIONS

- To store salt crystal, remove from base and place in a sealable air-tight plastic bag.
- To take care of cord not damage. Use original package to store the furnishing.

WARNINGS

- Breakable - handle with care.
- Keep out of reach of children and pets.
- Not edible.
- Always turn off and unplug the lamp before changing the lightbulb.
- The Salt Lamp is packaged with 2 silica gel packs to keep it dry during transit. Please discard properly.
- This product is not a medical device and is not intended to diagnose, treat, cure, or prevent any disease.

FCC INFORMATION

FCC Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

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.

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)

SERVICING OF DOUBLE-INSULATED PRODUCTS



In a double-insulated product, two systems of insulation are provided instead of grounding. No grounding means is provided on a double-insulated product, nor is a means for grounding to be added to the product. Servicing a double-insulated product requires extreme care and knowledge of the system, and is to be done only by qualified service personnel. Replacement parts for a double-insulated product must be identical to the parts they replace. A double-insulated product is marked with the words “**DOUBLE INSULATION**” or “**DOUBLE INSULATED.**” The symbol  is also able to be marked on the product.

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. A copy of the sales receipt is required to validate in-warranty coverage.

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.

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