

IZBT3 - QSG (English)  
Size: 510x 150 mm (folded 102 x 150 mm)  
Material: 157g Art paper  
Color: 1C + 1C (black)  
Mar. 05, 2021

iHome

zenergy  
SUNRISE



Model: IZBT3

Bedside Sleep Therapy Machine  
with Sunrise Wakeup

QUESTIONS? visit [www.ihome.com](http://www.ihome.com)

## OVERVIEW

### TOP PANEL



### BACK PANEL



### BOTTOM PANEL



### DISPLAY



## GETTING STARTED

### 1. Connecting the Unit

Connect the included AC adapter to the DC jack located on the bottom of the unit and connect the other end to 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

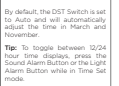
Press and hold the **Time Set Button** until the display flashes. Release the **Time Set Button**.

Press the **+** or **-** Buttons to adjust the time and tap **Time Set** to confirm (make sure to set correct AM/PM time).

Press the **+** or **-** Buttons to adjust the year, and tap **Time Set** to confirm.

Press the **+** or **-** Buttons to adjust the month, and tap **Time Set** to confirm.

Press the **+** or **-** Buttons to adjust the date, and tap **Time Set** to confirm clock settings.



## LIGHT THERAPY

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

Sunrise Light  
Glow  
Hue  
Day  
NOTE: Press & Hold to Turn Off current Light Therapy Mode

## SOUND THERAPY

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

Meditate  
4-78  
Zen  
Dream  
Peace  
Trance  
Nature  
Ocean  
River

Storm  
Wind Chimes  
Air  
Drive  
Focus  
Quiet  
Heartbeat  
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.

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

## SETTING A SOUND ALARM

- Press and hold the **Sound Alarm Button** for 2 seconds until the alarm time display and alarm icon flash. A beep sounds. Release the button.
- 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.
- Press the **Sound Alarm Button** to confirm the alarm time setting. The alarm schedule will flash: 7 (every day), 5 (weekdays) or 2 (weekends only). Press the **+** or **-** Buttons to select the desired alarm schedule.
- Press the **Sound Alarm Button** to confirm the alarm time setting. The alarm schedule will flash.
- 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.

- Press the **Sound Alarm Button** to confirm wake-to-source. The alarm volume will flash. Press the **+** or **-** Buttons to adjust the alarm volume.
- 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

- Press and hold the **Light Alarm Button** for 2 seconds until the alarm time display and alarm icon flash. A beep sounds. Release the button.
- 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.

- Press the **Light Alarm Button** to confirm the alarm time setting. The alarm schedule will flash: 7 (every day), 5 (weekdays) or 2 (weekends only). Press the **+** or **-** Buttons to select the desired alarm schedule.
- 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:

- To program Snooze, press and hold the **Snooze/Dimmer Button** for 2 seconds during normal operation (when no alarm is sounding). Release the button.
- Press the **+** or **-** Buttons to select the desired snooze time (between 3 and 20 minutes).
- Press the **Snooze/Dimmer Button** again to confirm setting.

## SETTING A SLEEP TIMER

To set a sleep timer:

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

## USB CHARGING

- Connect the standard end of a USB cable (not included) to the USB port on the back of the unit.
- 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.

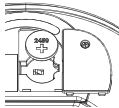
## BATTERY BACK-UP

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.

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

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

- Do not use this product near water.
- 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.
- Do not block any ventilation openings. Install in accordance with the manufacturer's instructions.
- Heat - This product 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.
- Unplug this product during lightning storms or when unused for long periods of time.
- 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.
- No naked flame sources, such as lighted candles, should be placed on this product.
- 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](http://www.call2recycle.com).
- 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 or power adaptor is used as the disconnect device, it shall remain readily operable.

## FCC Information

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This device is designed to be used in the following 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. This device is a Class B digital device. The device is 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 particular installations. 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 the 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.

## SED Information

This equipment complies with ICES-002 radiation exposure limits set forth for an uncontrolled environment.

This device complies with the Canadian Interference-causing (ICES) that comply with Innovation, Science and Economic Development Canada's Interference-causing (ICES). Operation is subject to the following two conditions:

- The device may not cause interference.
- The device must accept any interference, including interference that may cause undesired operation of the device.

The device complies with SED-05 exposure requirements, users can obtain Canadian information on SED exposure and compliance.

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

Any Change or modification 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 ICES-002 établies pour un environnement non contrôlé.

Cet équipement est conforme aux exigences d'exposition RF (SED), les utilisateurs peuvent obtenir des informations complémentaires sur l'exposition aux RF à cet endroit.

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 le responsable de la conformité peut annuler l'autorisation de l'utilisateur d'utiliser l'équipement.

## WARRANTY

For product support information and warranty please visit: [www.ihome.com/support](http://www.ihome.com/support)

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