Instruction Manual

Table of Content

1. Introduction

Please ensure you read this operating instructions **carefully** before starting the system for the first time. This manual contains important information on safety, use and maintenance of the system.

1.1. Identification

The iLifeSOMM system is a combined wellness system for use by humans.
The iLifeSOMM system is intended for the co-ordinated simultaneous use of vibrations, music, tone, sound and magnetic field stimulation.

A label is attached at the control unit:

Figure 1-1: Label

1.2. Warranty terms

For proper use, the manufacturer offers a warranty in accordance with legal provisions that is calculated from the day on which the product is delivered. During this time, the device shall be replaced free of charge or repaired by the manufacturer or the relevant authorised iLife country or service centre. Faulty parts/devices must be supplied free of charge.

The manufacturer headquarters: iLife International Est, 9496 Balzers, Liechtenstein, governed by Liechtenstein law are solely responsible for any civil proceedings and is also the place of jurisdiction for any manufacture faults. For accessories, a warranty exists based on legal provisions.

The operating instructions must be read, understood and observed by the person using the device.

The following are excluded from liability for defects:
- Non-observance of the operating instructions
- Negligent or incorrect use
- Wilful damage.

In the event that the person ordering the device or a third party carries out work or interventions on the supplied device in any form whatsoever without prior approval from the manufacturer, the warranty is rendered invalid.

Caution!
The device and the application must in no circumstances be opened. Opening these shall render any warranty claims invalid.

Technical modifications
We reserve the right to make any technical modifications to the illustration and information in this operating instructions, which are needed for improving the device/accessories.

Intellectual property right
Any reprinting or reproduction of this operating instructions, in full or in part, may only be carried out with prior agreement from iLife International Est.

1.3. Proper use

The iLifeSOMM system is intended to be used for the purpose of relaxation, wellness and improving well-being in humans.
The manufacturer shall not be liable for any use that does not fall within the scope of the intended proper use.
The iLifeSOMM system must only be used in conjunciton with iLifeSOMM SD card, with the mains adapter supplied and the country-specific network cable, and with the supplied operator terminal including connection cable.

1.4. Delivery Scope

Immediately upon receiving the device, please check that all of the following parts are included:
- iLifeSOMM Corpus (head, body, feet)
- 2 base parts with cladding
- iLifeSOMM operator terminal with holder and knurled screw
- Charging and connecting cable for operater terminal
- iLifeSOMM controller with SD Card (Software)

- Power supply unit with power cable (country-specific)
- Headphones with holder
- 2 cushions as knee and neck pillow
- iLifeSOMM user manual

1.5. Components

The iLifeSOMM system is made up of the following components:

1.5.1. Corpus with base

Figure 1-2: Corpus with base

The body is designed for normal use (lying person). It is resistant to treading, but not intended for strains caused by sharp heels, use as a gym mat or similar use. The body must be mounted on a solid base, the included base. The narrow pad can be placed under the neck, the wide pad under the knees.(see also 5.1.)

1.5.2. Operating terminal with cable

The operating terminal is used to control all of the functions of the iLifeSOMM system. It features a touchscreen surface and is operated using finger movements.

Figure 1-3: Operating terminal

The connection cable for the operating terminal is included in delivery. You must not use any other connection cables, otherwise we cannot guarantee the correct functionality of the device.

The connecting cable connects the control unit with the operating display and at the same time also serves to charge the operating display.

1.5.3. Control unit

All components are connected to the central control unit as shown in Figure 1-4 and 1-5. The control unit is located in the technical compartment in the interior of the base.
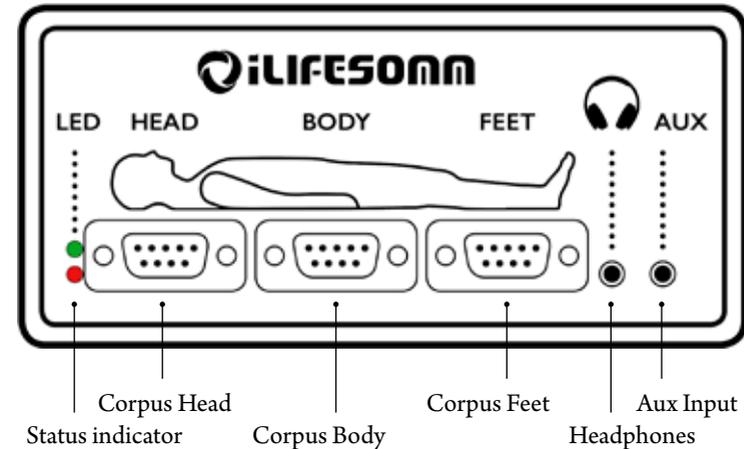
Figure 1-4: Connections on the front of the control unit

Corpus Head
Status indicator
Corpus Body
Corpus Feet
Aux Input
Headphones
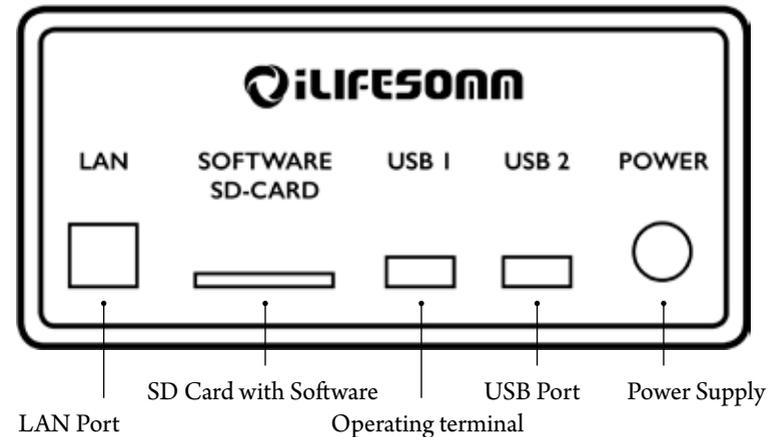
Figure 1-5: Connections on the front of the control unit

LAN Port
SD Card with Software
Operating terminal
USB Port
Power Supply

1.5.4. SD Card with Software

The SD card is included in delivery. No other SD cards must be used, otherwise we cannot guarantee the correct functionality of the device.

The SD card is plugged into the control unit. The SD cards are copy protected. Please use the card only for the iLifeSOMM control unit.

Caution: When connecting to a computer or the like, the software may be damaged!

1.5.5. Power supply

The power supply is included in delivery. No other mains adapters may be used, otherwise the correct functionality of the device cannot be guaranteed.

The mains adapter can be operated at 230 VAC/ 50 Hz and 120 VAC/ 60Hz. The mains adapter is plugged in at the control unit (see Fig. 1-6)

Figure 1-6: Supplied external mains adapter

1.5.6. Headphones

A set of headphones is included in delivery. The 3.5 mm stereo plug can be plugged in on the side (see Fig. 1-4)

Figure 1-7: Headphones. Type and design may differ from the figure

1.5.7. Holder for operation terminal

The holder is used for optimal attachment of the operating displays.

The holder itself is secured to the base by means of the knurled screw.

Figure 1-8: Holder for operation terminal

2. General safety instructions

The manufacturer guarantees the safe, reliable and proper functioning of the device, provided the following requirements are met:

- The device must only be used in conjunction with the operating instructions.
- Any adjustments, modifications or repairs to the system must only be carried out by the manufacturer or by persons authorised to do so.
- The system must only be used with accessories and replacement parts that are listed in the operating instructions and their safe technical utilisation has been proven by the manufacturer.

2.1. Risks to persons

- The device must not be set up in a damp or wet room.
- The device must not be used:
  - if the operator is unable to use it safely due to having consumed too much alcohol, drugs or medication
  - in rooms where there are inflammable gases.
- Children must only use the device when supervised.

The iLifeSOMM system is not a medicinal system!

2.1.1 Contraindications

The iLifeSOMM should **only be used under medical supervision or medical advice** if:
- pregnancy
- severe cardiac arrhythmias and severe heart failure (grade III -IV)
- Cardiac pacemakers or other electronic implants (exception: electronic implants, which were examined by the ARC Seibersdorf research GmbH, Austria and classified as harmless)
- undiagnosed pain syndromes until the cause is clarified
- epilepsy
- heavy bleeding with blood loss of more than a liter
- acute and severe fungal and bacterial infections
- acute hyperthyroidism (hyperthyroidism)
- acute relapses of autoimmune diseases
- most severe hypotension (eg syst. blood pressure <95 mm Hg)
- severe bradycardia (eg pulse rate <50 BPM)
- severe diarrhea

- high-dose immunosuppressive long-term medication
- Malignant tumors
- thrombosis

iLifeFIR far-infrared application **only under medical supervision or medical advice** if:
- High fever and acute inflammation
- Severe heart and venous diseases
- Severe diabetes mellitus
- renal insufficiency
- Coagulopathy (bleeding tendency) and thrombosis (blood clots)
- Thyrotoxic crisis (life-threatening hyperthyroidism)
- Hemolytic anemia (anemia with a decrease in the number of red blood cells)

2.2. Possible property damage

The iLifeSOMM system may only be used in rooms where all of the devices used comply with the EMC 89/336 guideline. The device must be placed at least one metre away from all other electrical devices.
- If using high frequency devices in the same room, a sufficiently large safety clearance (> 3 m) must be observed.
- During operation, the iLifeSOMM system must observe a minimum distance of one metre to electro-magnetically saved data (disks, magnetic cards etc.), otherwise there is a risk of data being lost.
- The relative humidity in operating conditions:
  30%–75% at 30°C (86°F).
- For transport and storage conditions apply:
  10%–90% at 40°C (104°F).
  The device is not specified for other relative humidity and operational reliability cannot be guaranteed.
- Check the device regularly for damage. Recognize these signs, please contact prior to using the manufacturer or an authorized service center.

2.3. Typographical design elements

Specific operating instructions, such as

1. Press the *Start* key …
start with a number at the start of the line.

☞ This symbol indicates useful additional information or tips that simplify operation.

2.4. Symbol key

This symbol shows that the device must only be used in enclosed rooms.

This symbol means that the user must observe the operating instructions.

This symbols shows that the device has been developed, designed and finished in accordance with the applicable European guidelines.

This symbol indicates that the device must be protected from moisture.

Not suitable for children under 3 years.

Do not use sharp or sharp objects.

Disposal according to Waste Electrical and Electronic Equipment WEEE (Waste Electrical and Electronic Equipement)

This symbol indicates that the appliance or parts of it may not be washed.

3. Assembly and installation of the hardware

3.1. Description of the iLifeSOMM system

The iLifeSOMM system is made up of the following:

  1 … Corpus 3 parts (Head, Body, Feet)
  2 … Base 2 parts with cladding
  3 … Control unit incl. SD card (Software)
  4 … Operation terminal with holder
  5 … Connecting and charging cable for operation terminal
  6 … Holder for headphones
  7 … Headphones
  8 … Cushion (neck and knee part)
  9 … Mains adapter (Power supply)
  10 … Power cable

The operating display controls the iLifeSOMM and iLifeFIR components. By means of these all settings can be made.
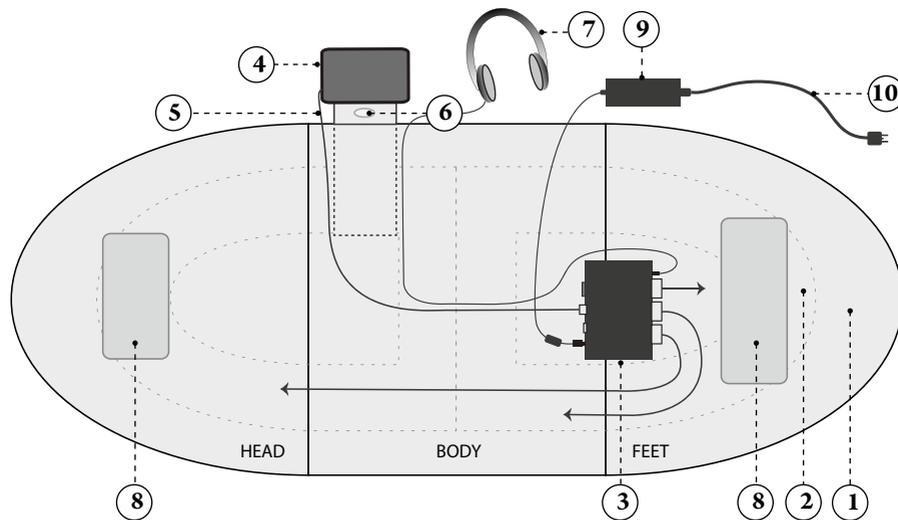
Figure 3-1: iLifeSOMM system setup

3.2. Preparing commissioning

3.2.1. Assembly base

Place the two base elements on a flat surface and press them together at the flat sides to connect with the velcro strips.
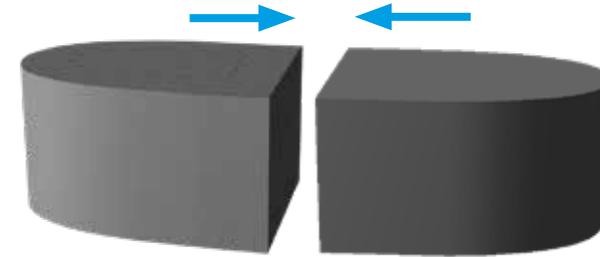
Figure 3-2: Connection of the two base elements

Pull the cladding over the base from above. The seam should be at the head or foot end, so the logo „iLifeSOMM" is showing sideways.
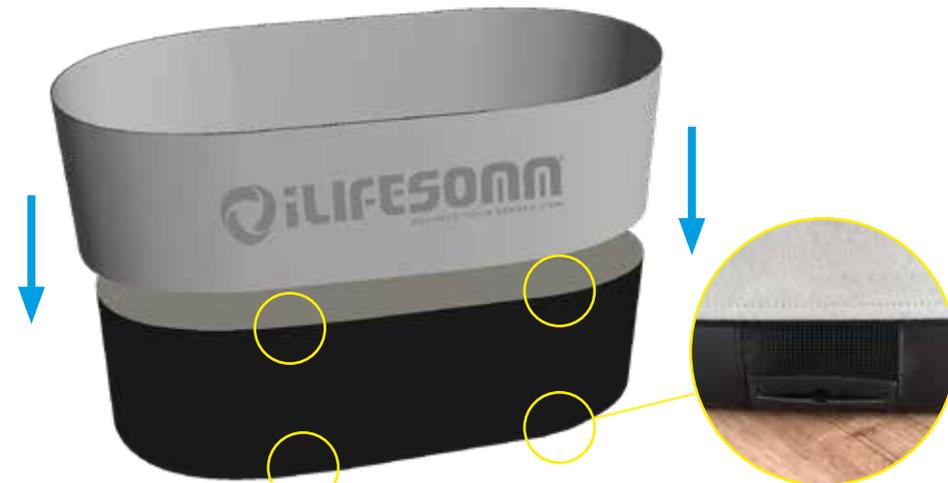
Figure 3-3: Assembly of the cladding. Keep vents clear!

☞ The cladding gives the base even more stability and is therefore to install in any case. It is essential to ensure that the 8 ventilation openings are not covered by the cladding.

3.2.2. Assembly of body and cable installation

The next step is to mount the bracket at the desired location on the base part and secure it inside with the knurled screw. (see Fig. 3-4). The zipper remains open to the width of the holder. The connection and charging cable from the operation display together with the headphone cable, are routed along the bracket through the connection channel to the rear cavity.

Figure 3-4: Assembly of the holder for operation display

Furthermore, the corpus elements are placed. The body element HEAD (inscribed on the inside) is placed first, aligned with the two markings. The cable from the **HEAD** is fed through the channel into the cavity of the opposite socket part. (see Fig. 3-5).

Figure 3-5: First install the corpus HEAD

After attaching the corpus BODY as middle part, its cable **BODY** is also fed into the rear cavity. (see Fig. 3-6). Alignment at the mark for correct positioning.

Figure 3-6: Second install the corpus BODY in the middle

The corpus FEET is placed upside down on the middle part and the cable from the **FEET** is also fed into the cavity through the cable entry. (see Fig. 3-7)

Figure 3-7: The body element FEET is placed on the third, for the time being upside down

3.2.3. Connection

If the device has been exposed to cold temperatures e.g. stored in a car at below 10°C (50°F), it should first be left for 30 minutes at room temperature 15°C–25°C (59°F–77°F) before being started up.

1. Plug the cable of the corpus elements Head, Body, Feet into the control unit (1-3)
2. Insert the headphones into the socket on the control unit (4)
3. Connect the control and charging cable from the operation display to the control unit (6)
4. Lead the cable from the power supply unit (8) at the bottom of the base element through the cable entry **from the outside inwards**
5. Insert the cable of the power supply to the control unit (7)
6. Place the power supply unit outside the base (see Fig. 3-1), connect the power cable to the power supply and plug it into a grounded power outlet
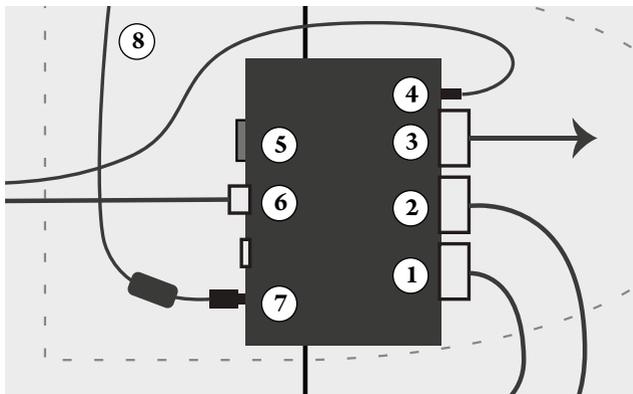
Connections:
1 … Corpus HEAD
2 … Corpus BODY
3 … Corpus FEET
4 … Headphones
5 … SD Card Software
6 … Operation display
7 … Power supply
8 … Cable power supply

Figure 3-8: Wiring diagram of the control unit in the technical compartment

⚠ **IMPORTANT:** Due to the heat generated by the power supply, it is essential to place the power supply out of the socket, next to the iLifeSOMM, to ensure good ventilation.

⚠ The power supply may only be placed in the socket for transport purposes. Also note that it has cooled down to at least hand warmth before repacking.

Finally, the zipper on the technical compartment is closed, the foot part folded down and the body parts connected by closing the two zippers. This creates a continuous lying surface.

Figure 3-8: Corpus elements are connected by zipper

3.2.4. Assembly of the holder for headphones

The supplied headphone holder is mounted on the back of the holder for the operation display. Peel off the protective foil and glue the holder in the middle of the vertical part.
So the headphones are well stored and always ready for any application.

Figure 3-9: Assembly of the holder for headphones

3.2.5. Esmog free application

The iLifeSOMM system is equipped with a unique shielding that allows a nearly completely e-smog free application. For this shield to work, the connection of the power plug to a socket with active ground connection is mandatory.

⚠ If you are not sure about this, call a specialist for proof.

4. Commissioning of the software

4.1. Basic structure of the iLifeSOMM operating menu

Buttons to main navigation

Buttons to sub navigation

Button *play/pause*

Info and selection area for the selected menu with further function keys, setting controls, etc.

General info section with additional information and current time
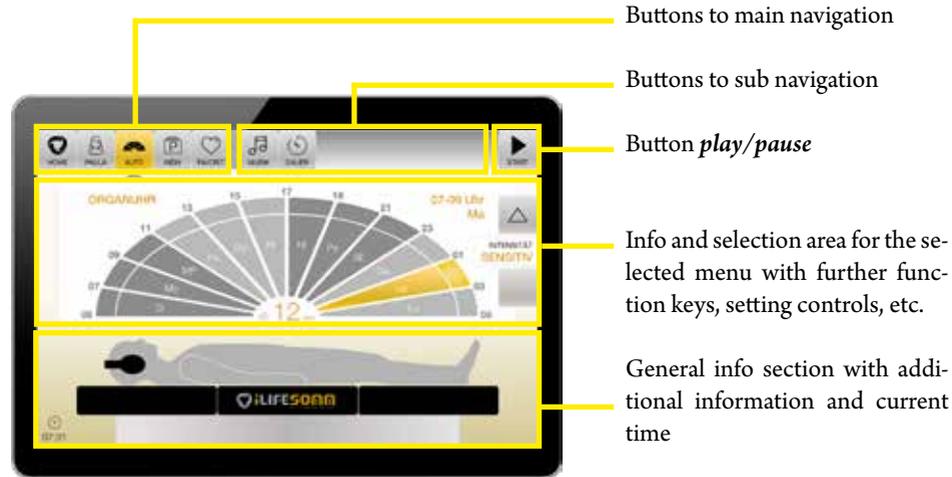
Figure 4-1: Basic structure of the display

Button *Off* to stop manually prior the application ends

Button *Pause* for interruption of the application

Info area for remaining time of the application, music selection and parameters of selected settings

Audio volume control on the headphones
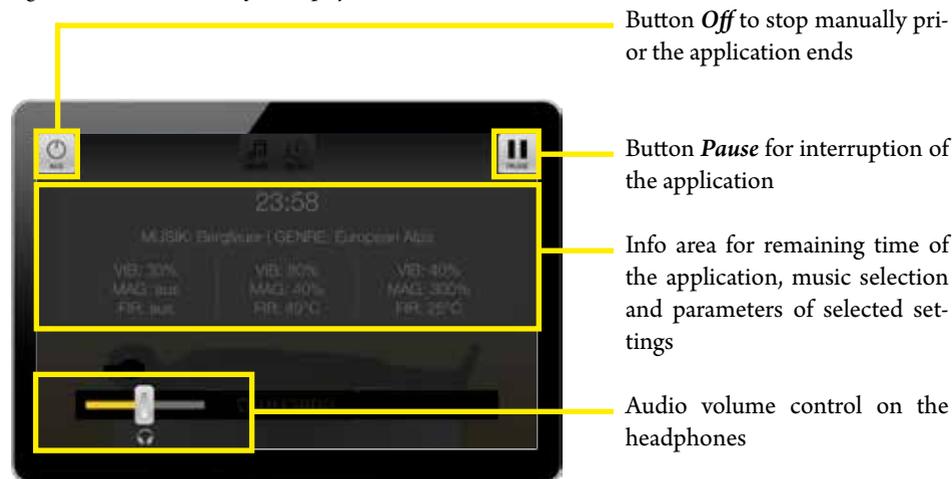
Figure 4-2: Screen during an application

☞ Selected menu items are displayed in gold and additionally marked with an arrow in the main navigation.

4.2. Start the iLifeSOMM

1. To activate the device, briefly press the *On/Off* button on the right hand side once. This will end the sleep mode. If its completely off, press *On/Off* button for 3 seconds, at least as long it vibrates shortly - this will boot the application.

Button *Volume* (no function)

Button *On/Off*
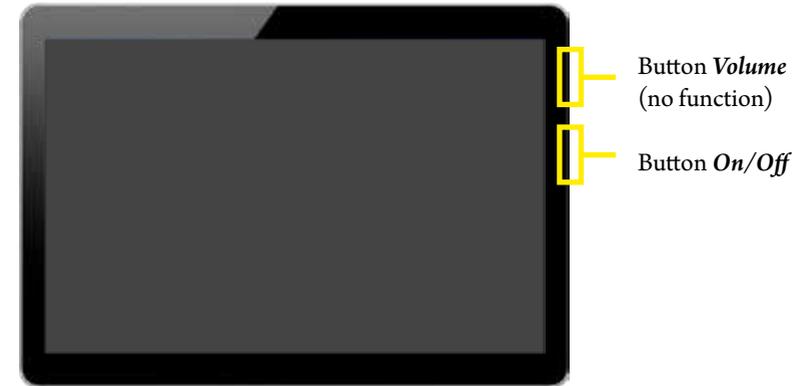
2. The welcome (home) screen appears. All the desired settings can be done.

Herzlich Willkommen

Figure 4-3: Welcome screen (home) as main menu

3. Until the final start of a program, the device automatically shuts off, if the menu is not touched for a few minutes. In this case, the device must be reactivated.

   A forced shutdown can also be done by pressing the *On / Off* button. Press shortly for sleep mode, press long for complete shut off.

4.3. Basic Preferences (Setup)

In the menu SETTINGS the necessary default settings are made, which are structured as follows:

Figure 4-4: Screen settings

4.3.1. Settings Language

In the submenu item *Language*, the desired language can be selected and finally confirmed with *Save*. The number of available languages may vary.

4.3.2. Settings Date and Time

In the submenu *Date Time* the current date and time are set. These settings are necessary in particular for the correct functioning of the AUTO program. It is recommended to always set the local time.

4.3.3. Settings Control unit

In the submenu item *control unit*, system settings such as screen brightness or resetting to factory settings are made. In addition, information about the hardware and software can be found.

4.3.4. Settings Schedule HDS

In the submenu item *Schedule HDS*, an individual start time can be set for each day of the week.
Attention: This function is only available if the corresponding hardware (hydrodynamic sleep system HDS) is available and the software has been configured for it.

4.3.5. Settings Service

Attention: This menu item is necessary only for the initial installation and is available for service technicians and qualified personnel only.
To access this menu, a password is required.

Rights guest access

In this menu item certain rights can be assigned to the *guest* access
- AUTO: The guest can only use the automatic program
- AUTO + INDIV: Additional to the automatic program the guest is able to use the individual programs as well
- AUTO + INDIV + FAV: Additional, the guest has access to use the favourite section as well

Use as HDS

Here it is set whether the hardware is an iLifeSOMM couch or, if activated, a hydrodynamic sleep system HDS. Only possible with special hardware.

Intensity AUTO

Set the intensity levels in the AUTO program, which can be selected with the organ clock. In addition to the active standard setting *sensitive*, the levels are *light*, *middle* and *strong* to choose from.

Query of language selection

For commercial use, where users of different nations can be expected, the language selection can be activated as the first query.

Ability of user registration

Select, if it should be possible to create new user profiles or not. If the feature is disabled, only guest access is possible. This is useful, e.g., for a therapy center where many different users use iLifeSOMM.

4.4. User registration

Select the + *NEW* button to open the registration form. The user can create his own user account. The advantage is that numerous individual settings such as intensities, music selection, duration, etc. are stored and do not have to be selected again with each application. In total, up to 8 user profiles per device can be created.

☞ The option for user registration depends on the basic configuration. If this option does not exist, ask your personal advisor.

The Button *Delete* can be used to delete a created user. Note that this will lose all saved user settings!

Figure 4-5: Registration screen to add new user

4.5. Safety query

After successful user registration, select the desired user.

☞ A safety query appears. If your answer is *YES*, the process is stopped. If the selection is *NO*, it continues to next setting screen. See also the notes in chapter 2.1.1

In private use, the safety query can be disabled for 30 days by activating the check mark until a new query appears.

Figure 4-6: Safety query for contraindications

4.6. Program select

Various program selection options appear on the screen.

- AUTO: automatic program
- INDIV: individual program
- FAVOURIT: personal favourites

Figure 4-7: Screen AUTO with further options to select

The following options can still be changed individually for the respective programs.

Selection	Program	MUSIC	VIB	MAG	FIR	DUR
		individually adjustable				
AUTO	Organ clock	✓				✓
INDIV	Rhythm	✓	✓	✓	✓	✓
INDIV	Local		✓	✓	✓	✓
INDIV	Fitness		✓	✓	✓	✓
INDIV	Octave		✓	✓	✓	✓
FAV	individual	✓	✓	✓	✓	✓

Figure 4-8: Individual settings for different programs

The meaning of the abbreviations:
- MUSIC: Choice of a total of *48 titles of music*
- VIB: Intensity of vibration from *0–100%*
- MAG: Intensity of the pulsating electromagnetic field (PEMF) from *0–300%*
- FIR: Far infrared temperature from *off/25–49°C*
- DUR: Duration of application from *2–72 min* (program dependent)
- AUX: External audio input to play your own music
- START/PAUSE: start and pause the desired program
- HOME: With this key you always come back to the main menu
- USER: Select your personal user name

4.6.1. Automatic program AUTO

The AUTO program is a fully automatic program that runs through different programs on a daily basis. The program changes every 2 hours. The active time range is highlighted in color. The current time is displayed at the left corner of the screen.

The intensities are preset and based on the organ clock of TCM (Traditional Chinese Medicine). The intensity levels are changed all together. Press the button *Intensity* ▲ or ▼, to toggle between *sensitive*, *light*, *middle* or *strong*. This simultaneously increases or decreases all parameters of the magnetic field, vibration and far-infrared.

In addition the music and the duration of application can be selected individually.

If the desired settings are done, press **START**. The application is started and the display changes to a darkened application screen (see Fig. 4-10).

Figure 4-9: Screen of AUTO program

The settings such as remaining time of the application, the selected music and the individual parameters are displayed. To adjust the audio volume on the headphones during use, move the slider. To adjust the music and duration, press the *PAUSE* button and make the changes.
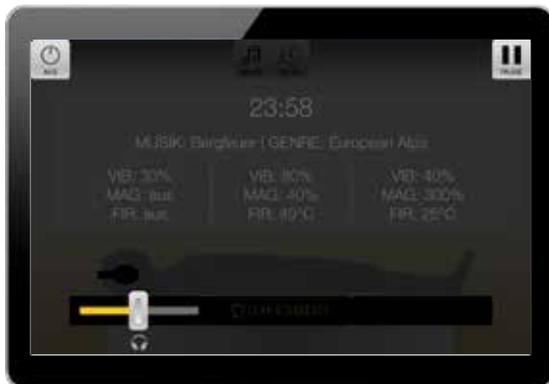
The application will run through the selected period of time. The system automatically shuts off after the time has elapsed.

Note: If you want to stop the application prematurely, press the button *OFF*.

Figure 4-10: Screen during application is on

4.6.2. Individual programs INDIV

The program INDIV offers various individual additional programs. The selection may vary and depends on the purchased software version. See section 4.7.

- Rhythm
- Local
- Fitness
- Octave
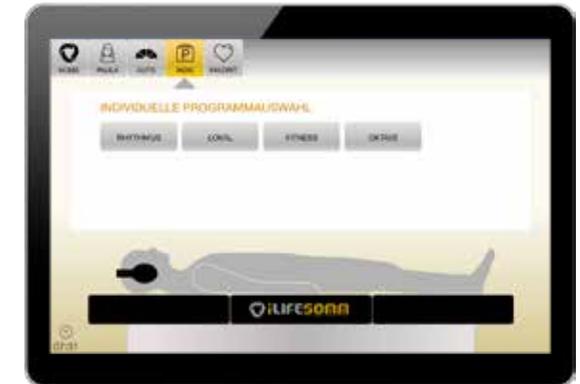
Figure 4-11: Individual program selection INDIV

4.6.2.1. Program RHYTHM

The program Rhythm is conceptually similar to the program AUTO. The difference lies in the individual setting possibilities of different parameters.

1. **Selection of a different time range**
   It is possible to select a different time range than the current time accordingly. This makes sense if someone has worked at night (shift service) and will do an application in the morning. In this case, a soothing evening program can be selected manually.

2. **Selection of a specific meridian**
   A desired meridian can be selected directly. Specialist personnel can thus set targeted application steps.

Figure 4-12: Program Rhythm

3. **Selection MUSIC + SONIC**
   In this selection, the first part of the program is played with music followed by the sound stimulation in the second part.
4. **Selection MUSIK ONLY**
   In this selection runs the program with the music part, without sound stimulation.
5. **Individual settings of vibration, magnetic field and far infrared**
   Due to the tripartite division of the corpus elements, differently settings are possible for each segment *head*, *body* and *feet*. This makes it possible to either completely switch off individual components or to set the desired individual setting with the controller.

☞ These options are very well suited for sensitive people, in order to set the intensities very low in the head area.

After selecting the desired component (vibration, magnetic field, far infrared), the intensity can be adjusted with the sliders.

Figure 4-13: Slider setting is the same for all segments

If the **lock** on the left side is set to *ALL*, the 3 sliders are moved together, regardless of which one is changed. Accordingly, the setting applies equally to all 3 segments *head*, *body* and *feet*.

If you set the **lock** to *SINGLE*, you are able to set each segment individually. This option of individual adjustment exists for all 3 components vibration, magnetic field and far infrared.

Figure 4-14: Slider setting is individually for each segment

4.6.2.2. Program LOCAL

The program *Local* offers the possibility to influence specific body regions by selecting *head*, *body* or *feet*.

Note: These programs are optimized in their effect on the respective body regions. However, the programs still run on all three segments.

Figure 4-15: Program INDIV Local selected

1. **Selection HEAD**
   Applications for this program are tension in the neck and shoulder area, cervical vertebrae, thoracic vertebra, etc.
2. **Selection BODY**
   Applications for this program are in back problems, thoracic vertebrae, lumbar vertebrae, hips, pelvis, etc.
3. **Selection FEET**
   Use cases for this program are for tired legs, knee problems, ankle, feet, etc.

4.6.2.3. Program FITNESS

The fitness program offers 9 setting options and is specifically optimized for sports and fitness as well as physically active persons.

1. **Selection WARM UP**
   The aim of the program is an invigorating effect, activating the circulation. Ideal preparation of the muscles against an unusual physical activity.
2. **Selection STRENGTH**
   The aim of the program is to increase the rate of contraction of the muscles. For users who practice a sport that requires strength and speed.
3. **Selection EXPLOSIVE STRENGTH**
   The aim of the program is to improve the efficiency of quick movements (for example sprint). For users who practice a sport where speed is an important factor.

4. **Selection AEROBIC ENDURANCE**
   The aim of the program is to improve performance in endurance sports. For users who whish to improve their performance and endurance.
5. **Selection ANAEROBIC ENDURANCE**
   The aim of the program is to increase performance for endurance sports. For users who want to improve their ability to make an intensive effort of longer duration.
6. **Selection CAPILLARIZATION**
   The aim of the program is a strong increase in blood flow, development of capillaries. In the period before the competition, in endurance or strength endurance sports. For improving endurance in less well-trained individuals.
7. **Selection DECONTRACTURE**
   The aim of the program is to reduce muscle tension, relaxation and release of tension. Use cases in acute pain due to overexertion.
8. **Selection ACTIVE RECOVERY**
   The aim of the program is accelerated removal of metabolic products. Relaxing, relaxing effect. Improve muscle recovery after intense exercise. Apply within a short time after intense effort.
9. **Selection RELAXATION**
   The aim of the program is the reduction of muscle tension, increased well-being and relaxation. Use cases are the day after active effort for regeneration.

Figure 4-16: Program INDIV Fitness with Infotext

4.6.2.4. Program OCTAVE

With this program 60 different single frequencies can be selected. In addition, the program run of an entire octave of a tone as an octave sequence is possible. It can be chosen between the waveforms pulse or beat.

Especially for specialists, to find the right tone, in addition to the color, further instructions are also provided from the following areas. This additional information is displayed when you tap on the respective segment.

- Tone
- Meridien
- Sense organ
- Tissue
- 5 elements
- Tàijí
- Emotion
- Relationship

Figure 4-17: Additional information for tones
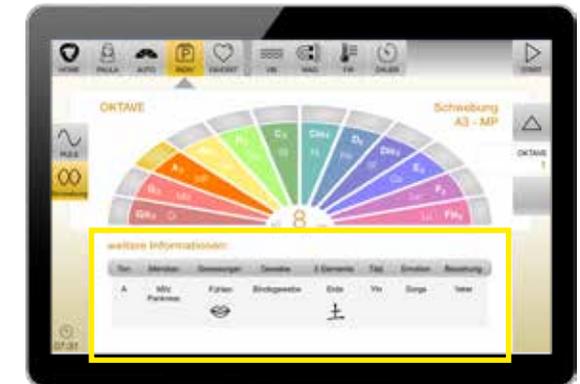
This variety of a total of several hundred different options offers the specialist staff to handle very specific application cases.

To change each octave, press the button *Oktave* ▲ or ▼ on the right hand side of the screen, to toggle between *Octave 1, Octave 2, Octave 3, Octave 4, Octave 5* or *Octave sequence*.

Figure 4-18: Selection of different octaves with arrow buttons

Use the arrow keys on the left edge of the screen to switch between the pulse and beat modes.

☞ The effect of these two are equated. Which form should be selected, decides the subjective feeling of the user.

Figure 4-19: Selection of the waveform pulse or beat

The following table shows the frequencies used for each tone

Tone	Hz	Tone	Hz	Tone	Hz	Tone	Hz	Tone	Hz
G#0	25,96	G#1	51,92	G#2	103,84	G#3	207,68	G#4	415,36
G0	24,50	G1	49,00	G2	98,00	G3	196,00	G4	392,00
A0	27,50	A1	55,00	A2	110,00	A3	220,00	A4	440,00
A#0	29,14	A#1	58,28	A#2	116,56	A#3	233,12	A#4	466,24
B0	30,87	B1	61,74	B2	123,48	B3	246,96	B4	493,92
C1	32,70	C2	65,40	C3	130,80	C4	261,60	C5	523,20
C#1	34,65	C#2	69,30	C#3	138,60	C#4	277,20	C#5	554,40
D1	36,71	D2	73,42	D3	146,84	D4	293,68	D5	587,36
E#1	38,89	E#2	77,78	E#3	155,56	E#4	311,12	D#5	622,24
E1	41,20	E2	82,40	E3	164,80	E4	329,60	E5	659,20
F1	43,65	F2	87,30	F3	174,60	F4	349,20	F5	698,40
F#1	46,25	F#2	92,50	F#3	185,00	F#4	370,00	F#5	740,00

Figure 4-20: Frequency table program octave

4.6.3. Program FAVOURITES

With this program it is possible to save individual settings as a personal favourite. This simplifies the application because it allows the favourite to be called directly. Favourites can also contain several program parts.

4.6.3.1 Set new favourites

Select any program from the *INDIV* section. When all desired settings have been made, press the button *START*.

Consequently, there are 3 possible options:

1. **Start the program**
   This option starts the selected program immediately, but **does not** save a favourite.

2. **Save program as a favourite**
   This option opens a new window, where an individual name must be entered for the favourite. (see Fig. 4-22). After entering it, tap on *Save*. The favourite is therefore available as a separate button in the favourites menu.

Figure 4-21: Three options to choose from

3. **add more programs**
   With this option you can add more programs again. Go back to the *INDIV* section and select another custom program. At the end, tap *START* again.
   Now you have the choice to add another program. If you want to end programming,
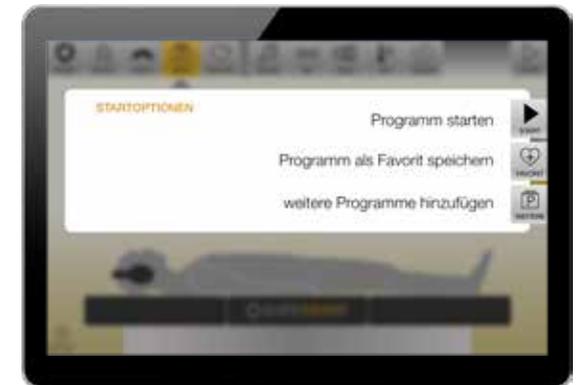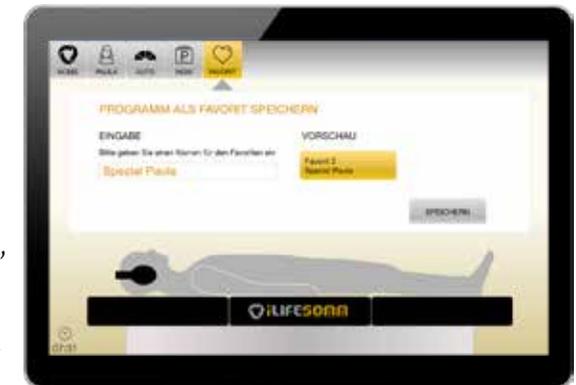

Figure 4-22: Select a name for the favourite

tap on *Save program as favourite*, set a name for the favourite and *Save* it.

Thus, a sequence of individual programs, summarized in a single favourite to choose from is available.

Overall, it is possible to create 9 different favourites.

Note: It is not possible to save a favourite from the AUTO program

4.6.3.2. Use favourites

If favourites have already been saved, they can be used directly via the *favourit* button in the main menu.

The favourites runs one after the other in the selected sequence. If you select e.g. favourite 2, favourite 3 and favourite 1, they will run according to the selection order 2, 3 and 1.

☞ Another useful option is to run the AUTO program prior each favourite. To do this, check the box in the section "How it works".

In the example mentioned above, with active checkmark, the sequence runs as follows: AUTO, favourites 2, 3, and 1.

Figure 4-23: Screen with different favourites

4.6.3.3. Show program details of favourites

Technically, it is possible to store countless different program segments in one favourite. For a better overview, the details of the individual favourites can be displayed.

To do this, select a favourite. Below, an information window appears immediately, showing the details of the programs stored in this favourite.

The individual programs are displayed among themselves. If a favourite contains more than 4 programs, the list must be scrolled to see all the content.

When clicking on a new favourite, its content is displayed. The info display always refers to the last selected favourite.

☞ The recommendation is a maximum of 3–4 program segments in one favourite. If you want more, you better use the possibility to play several favourites one after the other.

Figure 4-24: Infoscreen with details

4.6.3.4. Delete favourites

If a favourite is no longer needed, it can be deleted again. To do this, select the favourite you want to delete, and then tap the *Delete* button. Only one favourite can be deleted at a time. Multiple selection for deletion is not possible.

Attention: the deletion process takes place immediately, without further confirmation!

Other favourites move to the place of the deleted favourite. For example, if you have created 3 favourites and delete favourite 1, the others will moved. Favourite 2 becomes 1, 3 becomes 2, and so on.

If no favourite is selected, the delete function is inactive.

Figure 4-25: Delete function

4.7. Software upgrade

Depending on the order, the iLifeSOMM system has a specific software installed or enabled. You can purchase additional software packages and unlock them with a license key.

☞ Contact your personal adviser or the iLife headquarters for futher details.

Version of software	Rhythm	Local	Fitness	Octave
Basic	✓	✓		
Fitness	✓	✓	✓	
Professional	✓	✓	✓	✓

Figure 4-26: Overview versions of software

1. Enter the serial number of your device for the order. This serial number can be found in the *Settings menu* under *Control unit*, in the right-hand column under *Information*.
2. The order generates a license key specific to your device.
3. Go to the screeen *Settings* and then press the button *Upgrade*.
4. Enter the new **license key** in the input field, which you can find on your **invoice**.
5. Your iLifeSOMM now has the extended software package.

Figure 4-27: Screen to enter your license key

5. Best Use

5.1. Correct positioning

Place the iLifeSOMM system in a quiet place with flat solid floor.
Make sure that you always lie down on the couch beginning at the middle section to ensure a secure footing. In any case, avoid punctiform loading at the head or foot end, e.g. by sitting down in this area.
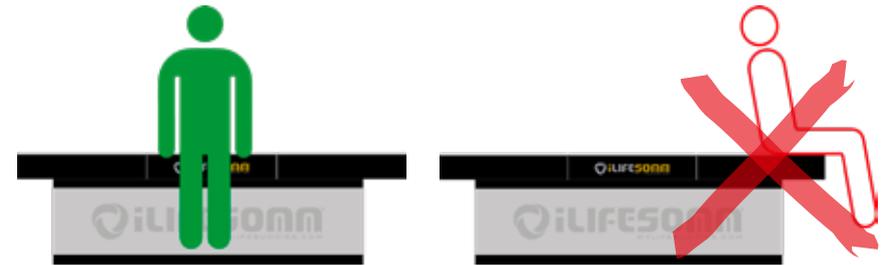

Figure 5-1: Lying down and getting up ideally always at the middle part

5.2. General information

Lay down flat on the iLifeSOMM system, your head always placed where the iLifeSOMM logo is embossed into the surface. Use the neck and knee pads as desired for a comfortable and relaxed lying position. The use of the headphones is very important because of enhancement of impact.

Always use the program *AUTO* as the first application, no matter what additional applications you continue with. In the first few months, you start with the intensity *sensitive*, so the body can get used to the application.
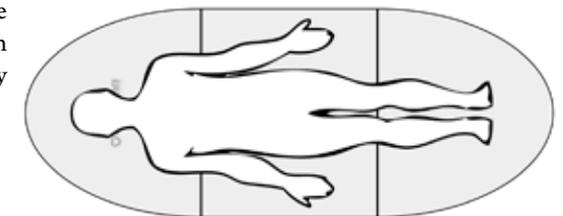

Figure 5-2: Correct position on iLifeSOMM

☞ **Use the iLifeSOMM system daily, ideally in the evening. Ensure adequate fluid in the body - Drink enough water throughout the day.**

5.3. Instructions for use FIR

The corpus also has far-infrared technique integrated. The far-infrared radiation penetrates even through clothing about 5–7cm deep into the body. For further optimization, you can also lie in prone position and perform another application.

☞ There is also an option of placing the iLifeFIR blanket (available optionally) on top. As a result, the prone position can be omitted.

Note: It can take up to 5 minutes to feel the heat. The set temperature is measured directly on the FIR element. This temperature can slightly different from external influences (e.g. outside temperature).

In the first few weeks start with low temperatures to help you get used to the effect. Slowly increase as desired.

☞ **Important**: Drink enough water!

Settings for Far-Infrared Application:

▪ **Setting 25°/ 29°/33°C**
   sedative, calming, relaxing, well-being, prevention, ...
▪ **Setting 37°C**
   balancing, for muscle relaxation, prevention, ...
▪ **Setting 41°/45°/49°C**
   tonifying, stimulating, support with detoxification, prevention, ...

In the individual programs, the temperature can be set separately, as desired for all 3 segments differently.

Figure 5-3: Individual settings of FIR temperature

6. Care and Maintenance

6.1. iLifeSOMM operation display

The device requires no special maintenance. The surface can be cleaned carefully with a dry microfibre cloth.

6.2. iLifeSOMM corpus and cladding

The lying surface and the cladding on the base is a high-quality Alcantara fabric. The microfiber has the property of binding dust. You can brush the surface with a soft brush. A normal shoe or clothes brush is very useful.
Stains should be removed as soon as possible so that they can not be drawn into the material. For stains from liquids, take a strong absorbent cloth and soak up the liquids. Never rub, but dab. Then clean with clean water. Greasy and oily leather care products must not be used. Neither may solvents (e.g., acetone) or scouring detergents be used.

Attention: The lying surface is not resistant to chemically cleaning!
Ingress of water or other liquids into the iLifeSOMM system can cause serious defects. Therefore, carefully prevent any ingress of liquids into the iLifeSOMM system.

7. Troubleshooting

7.1. Display of errors

On the screen various notes and error messages are displayed in text form. Always follow the instructions on the screen.

7.1.1. Error „No connection"

If the error message "Keine Verbindung - No connection" occurs, do the following checks:
- Is the charging and connecting cable plugged in correctly on both sides, on the operating display and on the control unit (USB)?
- Does this cable show visible damage?
- Is the power supply on? Is the control LED illuminated on the controller or power supply?
- Is the software SD card inserted correctly on the control unit? (Spring-loaded locking mechanism)

☞ After reconnected power supply to the control unit, it can take up to 1 minute for this error message to disappear because the controller (mini PC) must boot first.

Figure 7-1: Error message: Keine Verbindung - No connection

7.1.2. Error charging

The operating display (tablet) is continuously supplied with power via the controller. If the power supply is not connected for an extended period of time (for example, due to absence for vacation) and the operating display has not been switched off, maybe the battery has a too low charge level.

In this case, charge the operating display directly with a commercially available charger (faster version) or reconnect the iLifeSOMM to the power supply and wait 1–2 hours (slower version) until the charge status shows at least 10%.

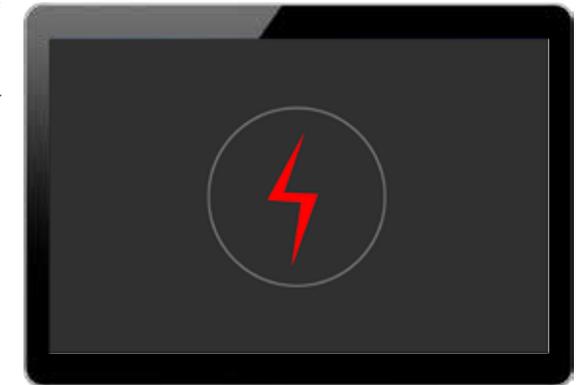Then start the operating display by pressing and holding the button *On/Off*. (see section 4.2.)

Figure 7-2: Error message: Charging level of battery is too low
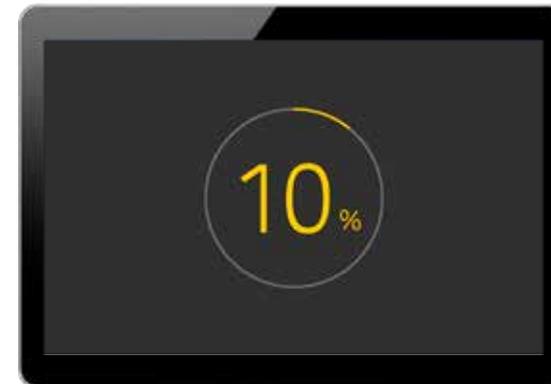
-> Charge the operation display!

Figure 7-3: Charging indicator on display

-> Turn on the operation display!

7.1.3. Error on the control unit

The control unit also has an status indicator (see section 1.5.3.). If the LED is red, it indicates an error.

- Subsequently, check the display if there is a textual error message. Follow the instructions if necessary.
- Check the connections of all cables to see if they are correctly connected.

7.2. Restart the control unit

If instructed or an error can not be eliminated, restart the controller.

- To do this, disconnect the control unit from the mains by pulling the plug out of the socket.
- Wait for a minute, or at least until "Keine Verbindung – No connection" screen appears on the display.
- Plug in the power cord again. After about 1–2 minutes, the controller (mini-PC) is rebooted.

If you are unable to rectify the problem, please contact the repair and service centre specified on screen or below.
As mentioned previously, you must not modify the iLifeSOMM in any way, otherwise the warranty shall be rendered invalid and this can also lead to hazardous situations.

Defect device:
The iLifeSOMM system is designed as a maintenance-free product. When it is started up, a system test runs automatically. This checks for the proper functionality of the iLifeSOMM system.
In the event that the functional test cannot be successfully completed with proper installation and operation, the device is defect.

Repair and service centre:
All European countries
Exclusively by the manufacturer
iLife International Est.
Föhrenweg 5
LI-9496 Balzers
technologies@iLifeEurope.com

8. Technical data

Classification:	iLifeSOMM digital
Nominal voltage:	110 V AC – 230 V AC
Nominal frequency:	50 / 60 Hz
Nominal consumption:	max. 180W
Protection class:	Klasse l (mit dem mitgeliefertem Netzteil)
Protection level:	IP 20
	iLifeSOMM must only be powered using the supplied mains adapter.
Duration of application:	program-dependent
Length:	206 cm
Width:	80 cm
Height:	61 cm
Weight:	approx. 37 kg
Operating temperature:	+10°C to +30°C
Storage temperature:	0°C to +70°C
Humidity:	30% – 75% rel. humidity, non-condensing

Rights to modification and product development reserved.
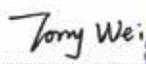
7. EU declaration of conformity

Certificate of Conformity
NO.: EN190717006E

The following product has been tested by us with the listed standards and found in conformity with the council EMC directive 2014/30/EU. It is possible to use CE marking to demonstrate the conformity with this EMC Directive.

Applicant	:	ILIFE INTERNATIONAL ESTABLISHMENT
Address	:	9496 Balzers Föhrenweg 5 Fuerstentum Liechtenstein
Manufacturer	:	LIGHTNING PRODUCTS LIMITED
Address	:	Room 1801, 18th Floor, Two Grand Tower, 625 Nathan Road, Kowloon, Hong Kong
Trade Mark	:	iLife
EUT	:	iLife SOMM 4.0
M/N	:	iLife SOMM
Test Standards	:	EN 55014-1:2017 EN 61000-3-2:2014 EN 61000-3-3:2013 EN 55014-2:2015

Tony wei/Manager
October 31, 2019

The certificate is based on a single evaluation of one sample of above-mentioned products. It does not imply an assessment of the whole production and does not permit the use of the test lab. logo.


Certificate of Conformity
No.: EN190717019S

The following product has been tested by us with the listed standards and found in conformity with the European directive LVD 2014/35/EU. It is possible to use CE marking to demonstrate the conformity with this LVD Directive.

Applicant	:	iLife International Establishment.
Address	:	9496 Balzers Föhrenweg 5 Fuerstentum Liechtenstein.
Manufacturer	:	Lightning Products Limited.
Address	:	Room 1801, 18th Floor, Two Grand Tower, 625 Nathan Road, Kowloon, Hong Kong.
Trade Mark	:	N/A
EUT	:	iLife SOMM 4.0
M/N	:	iLife SOMM
Technical Data	:	Input: 19VDC, 9.5A Class III, IPX0 (Adapt Input: 100-240V~, 50/60Hz, 2.5A, Class II, IPX0 Output: 19VDC, 9.5A)
Test Standards	:	EN 60335-1:2012+A11:2014+A13:2017 EN 60335-2-17:2013 EN 62233:2008
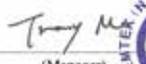
(Manager)
October 28, 2019

The certificate is based on a single evaluation of one sample of above-mentioned products. It does not imply an assessment of the whole production and does not permit the use of the test lab. logo.

iLIFE®
BALANCE YOUR SENSES

C€

Exclusive sales and service center
iLife International Est.
LI-9496 Balzers, Föhrenweg 5

www.iLifeEurope.com
Version: 10.11/19