



Pod

Indoor Red Light & Infrared Sauna

1-Person



ASSEMBLY GUIDE

VERSION 3.0 · SEPTEMBER 2026

This guide covers uncrating, assembly, electrical requirements, and installation verification. For operating instructions, care, and warranty information, please see the Pod Owner's Manual.

Sun Home Saunas · sunhomesaunas.com · 844-728-6200 · info@sunhomesaunas.com

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TIP

A video walkthrough of the full assembly is available. Scan the QR code or visit **sunhomesaunas.com/pages/pod-installation-video**.



sunhomesaunas.com/pages/pod-installation-video

Before You Begin

Congratulations on your new Sun Home Pod. Assembly is straightforward when the steps are followed in order: the panels connect with recessed keyhole-slot connectors, power connectors, and bolts, and no woodworking is required. Please read this entire guide once before starting, then complete the steps in sequence. Each component must be in place before the next can be installed correctly.

At a Glance

REQUIREMENT	WHAT YOU NEED
People	2 people minimum. Several steps involve lifting large curved panels and one requires working overhead from a ladder.
Time	About 90 minutes for two people, including about 15 minutes of uncrating. These figures are estimates; your time will vary with the site and your experience.
Skills	No special skills required. Basic hand tools only. The electrical outlet itself must be installed by a licensed electrician.
Required tools	Hammer (uncrating only), crowbar or pry bar, rubber mallet, power drill with a Phillips bit or a Phillips screwdriver, level, and a ladder or step stool.
Recommended tools	Lifting straps (strongly recommended for moving panels) and a utility knife.
Protective equipment	Work gloves are required for uncrating and for handling panels (utility staples and sharp crate edges). Safety glasses are recommended while prying the crate open.
Space	Clear floor space at the installation site, room to stage panels nearby, and a wall to lean staged panels against.

Plan Your Delivery Day

- The sauna ships in one crate. The crate measures **39.8 in W × 29.5 in D × 85.4 in H** and weighs **478 lb** gross. Confirm where the crate will be placed at delivery and whether it fits through your garage or exterior door.
- Panels travel from the uncrating spot to the installation room individually. No panel is wider than **41 in** or taller than **77.5 in**. Confirm a panel of that size will fit through every doorway, hallway, and stairwell along the route before you open the crate.
- If the sauna cannot be assembled immediately, keep the crate indoors or fully covered. Moisture exposure can damage the panels and electrical components.

BEFORE YOU OPEN THE CRATE

Inspect the crate for shipping damage before opening it, and inspect each component as you unpack. If any part is damaged or missing, **do not assemble the sauna**. Photograph the part and the crate, then contact Sun Home Saunas **within 3 business days of delivery** at 844-728-6200 or info@sunhomesaunas.com with your order number, the part name from the Components table in Section 04, and your photos. Assembling with damaged components can void applicable claims.

Safety Warnings

Read every message in this section before you begin. The same warnings repeat at the step where each hazard occurs.



WARNING • ELECTRIC SHOCK

Working on panels or ceiling connections while the sauna is energized can cause electric shock. **Do not connect the sauna to power until assembly is complete and you have reached Step 14, Function Test.** Confirm the power cord is not connected to the outlet before you make any electrical connection, and unplug the sauna before any work after the function test.



WARNING • FIRE

An improper electrical installation can start a fire. The dedicated outlet must be installed by a **licensed electrician** in compliance with local codes. Never use an extension cord, power strip, plug adapter, or standard 15A household outlet with this sauna.



WARNING • HEAVY PANELS

Panels are heavy and awkward, and a dropped or falling panel can cause serious injury. Lift with two or more people at every step marked **TEAM BUILD**, and never leave a panel standing unsupported.



WARNING • GLASS

The Front Panel, the curved glass door, and the Red Light Therapy Panel contain glass. Striking glass or setting a panel down on its glass face can shatter it and cause cuts. Support glass panels with both hands, never strike glass, and set panels down on their wooden edges only.



WARNING • CHILDREN AND PETS

Unsecured panels can tip and cause serious injury. Keep children and pets away from the work area until assembly is complete.



WARNING • BURN AND FIRE HAZARD

Heater surfaces and the Red Light Therapy Panel become hot during use. Leave at least 20 in (50 cm) between the sauna and wallpaper, curtains, or any other combustible wall covering or furnishing. Never place anything on the Ceiling Panel, the Dust Cover, or the heaters, never dry towels or clothing on the heaters, and never leave towels or clothing resting against a heater or the Red Light Therapy Panel.



CAUTION • SHARP EDGES AND PINCH POINTS

Utility staples around the crate and the seams between panels can cut or pinch hands. Wear work gloves when handling the crate and panels, and keep fingers clear of the seam when panels are pushed together or tapped down.

NOTICE • PANEL DAMAGE

A metal hammer will dent or split the panel surface, so use only a rubber mallet to seat panels. The Left Panel (A) contains the control panel: never rest it face down and do not strike near the control panel. An improper electrical installation also voids the warranty.

Installation Environment

- **Indoor use only.** Install in a dry, temperature-controlled room with adequate ventilation. Do not expose the sauna to rain, snow, or high humidity.
- **Surface:** the sauna must sit on a dry, flat, level, and stable surface. Check the floor with a level before assembly begins.
- **Floor load:** the assembled sauna weighs 385 lb. With one occupant, the floor must support about 650 lb over the 40.1 in × 40.1 in footprint, which is about 60 lb per square foot. Most residential floors carry this load; confirm with a contractor for upper floors, raised decks, or manufactured homes.
- **Moisture:** humidity can damage electrical components. Avoid bathrooms without ventilation, damp basements, and outdoor patios.
- **Clearances:** see the Clearance Requirements table in Section 03, including the 20 in (50 cm) required from wallpaper and other combustible wall coverings and the 12 to 14 in required above the sauna.

Specifications and Requirements

Pod Specifications

SPECIFICATION	POD
Model	Pod (Sun Home Pod™ 1-Person Indoor Red Light & Infrared Sauna)
Capacity	1 person
Exterior Dimensions	40.1 in W × 40.1 in D × 77.5 in H
Interior Dimensions	35.4 in D × 72 in H
Assembled Weight	385 lb
Crate Dimensions	39.8 in W × 29.5 in D × 85.4 in H
Crate Gross Weight	478 lb
Number of Crates	1
Wood	Canadian Hemlock
Heaters	10 far-infrared heaters, built into the wall panels, the Floor Panel, the Seat Panel, and the Calf Heater Panel
Red Light Therapy	1 Red Light Therapy Panel
Voltage	120V
Rated Power	1710W
Rated Current	14.2A
Circuit	Dedicated 120V, 20A circuit with GFCI protection
Plug	NEMA 5-20P
Receptacle	NEMA 5-20R
Power Cord	11 ft, exits the top of the Back Panel (B)
Clearances	25 in in front of the door; 12 to 14 in above the sauna; see Clearance Requirements below
App Control	Sun Home Saunas app; requires a 2.4 GHz Wi-Fi network (5 GHz networks are not supported)
Assembly Time	About 90 minutes for two people, including uncrating (estimate)
Support	844-728-6200 • info@sunhomesaunas.com • sunhomesaunas.com

Electrical Requirements

NOTICE • ELECTRICAL REQUIREMENTS

The Pod requires a **dedicated, GFCI-protected 120V, 20A circuit** with a **NEMA 5-20R receptacle**, installed by a licensed electrician. Provide this page to your electrician.

Other devices on the same circuit can overload it while the sauna is running and trip the breaker; a dedicated circuit prevents this. Never use extension cords, power strips, or adapters. A standard 15A household receptacle will not accept the NEMA 5-20P plug.

Receptacle location: the 11 ft power cord exits the top of the Back Panel (B), about 77 in above the floor, and runs down the back of the sauna. Install the receptacle on the wall behind the sauna, within 4 ft to either side of the center of the Back Panel and between 12 in and 48 in above the floor. A receptacle placed farther away will be out of reach of the cord.

GFCI protection is required: the dedicated circuit must be GFCI protected. Ask your electrician to provide the protection with a 20A GFCI receptacle or a 20A GFCI circuit breaker rated for the full load of the sauna. A GFCI device rated below the load of the sauna will trip during a session.

Clearance Requirements

LOCATION	REQUIRED CLEARANCE
In front of the door	25 in minimum, so the curved door can fully open
Above the sauna	12 to 14 in, so you can reach in and make the ceiling connections during assembly
Sides and back, open room with bare walls	No gap required. Drop the power cord down the back of the Back Panel before you raise it (Step 3) so it reaches the receptacle.
Sides and back, walls with wallpaper or any other combustible covering	20 in (50 cm)
Enclosed space or alcove	4 to 6 in around the sauna and 12 to 14 in above the Ceiling Panel

Site Checklist

- ☐ The floor at the installation site is dry, flat, level, and stable, and it supports about 650 lb over the 40.1 in × 40.1 in footprint.
- ☐ The room is indoors, ventilated, and temperature controlled.
- ☐ A dedicated, GFCI-protected 120V, 20A circuit with a NEMA 5-20R receptacle is installed on the wall behind the sauna, within 4 ft of the center of the Back Panel and between 12 in and 48 in above the floor.
- ☐ The clearances in the table above are available, including 25 in of door swing and 20 in (50 cm) from wallpaper or any other combustible wall covering.
- ☐ Every doorway and stairwell on the route from crate to site clears a panel 41 in wide and 77.5 in tall.
- ☐ A 2.4 GHz Wi-Fi network reaches the installation site if you plan to use the Sun Home Saunas app. The sauna operates fully without the app.

What's in the Crate

Unpack carefully and check every item against the lists below before you begin. The hardware ships in a labeled bag. Keep it together until each piece is called for by name in the steps, and check each fastener against the actual size drawing in Figure 2 before you start a step. Reference numbers match the construction diagram (Figure 1), and panel letters appear in parentheses.

Construction Diagram

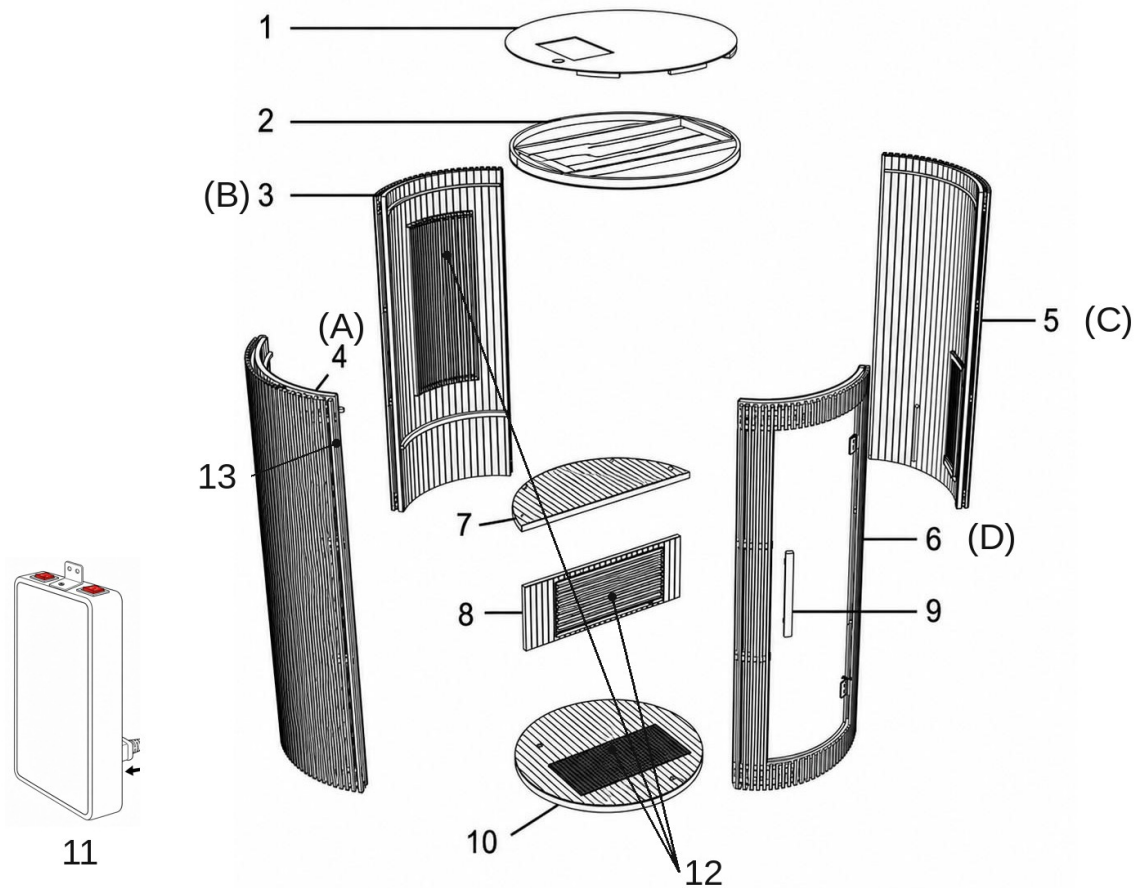


Figure 1. Construction diagram. Reference numbers 1 to 11 are separate components; 12 marks the far-infrared heater openings visible in this view and 13 marks the control panel, which is built into the Left Panel (A).

Components

REF	COMPONENT	QTY
1	Dust Cover	1
2	Ceiling Panel, includes the vent	1
3	Back Panel (B), includes far-infrared heaters, the interior outlets, and the power cord	1
4	Left Panel (A), includes far-infrared heaters and the control panel	1

REF	COMPONENT	QTY
5	Right Panel (C), includes far-infrared heaters	1
6	Front Panel (D), includes the curved glass door	1
7	Seat Panel, includes the seat heater and seat lighting	1
8	Calf Heater Panel	1
9	Door Handle Set (interior wooden handle, exterior stainless steel handle)	1
10	Floor Panel, includes the floor heater	1
11	Red Light Therapy Panel, with 2 mounting clips and their screws attached	1
12	Far-infrared heaters, built into the wall panels, the Floor Panel, the Seat Panel, and the Calf Heater Panel (not separate parts)	10
13	Control panel, built into the Left Panel (A) (not a separate part)	1

Hardware and Extras

ITEM	SIZE	QTY	SPARES	USED IN
Door handle bolts	6 × 60 mm	2	0	Step 9
Handle-hole wooden plugs	Press fit	3	1	Step 9
Calf panel screws	3.5 × 40 mm	4	2	Step 10
Seat panel screw	4 × 50 mm	1	0	Step 11
Dust cover screws (black)	3 × 16 mm	8	0	Step 15
Red light panel mounting clips (attached to the panel)	L-bracket	2	0	Step 13
Red light panel clip screws (in the panel casing)	Casing screws	2	0	Step 13
Red light panel wall screws (attached to the panel)	Wood screws	4	0	Step 13
M4 hex key	M4	1	0	Not used in assembly

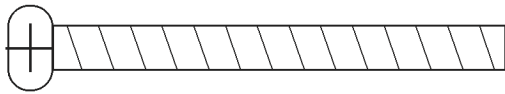
TIP

The M4 hex key is not needed during assembly. Keep it with your tools: it fits the door hinge bolts if the door ever needs adjustment.

NOTE

The mounting clips and the screws for the Red Light Therapy Panel arrive attached to the panel itself, not in the hardware bag. Step 13 shows where each one goes.

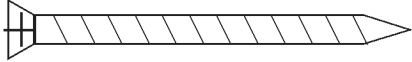
Hardware identification at actual size (print this page at 100 percent)



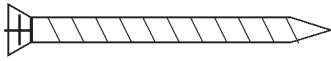
6 × 60 mm door handle bolt (2), Phillips pan head



Wooden plug (3, 1 spare), about 10 mm



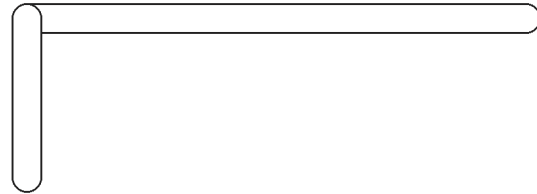
4 × 50 mm seat panel screw (1)



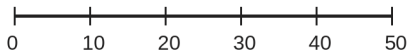
3.5 × 40 mm calf panel screw (4, 2 are spares)



3 × 16 mm dust cover screw (8), black



M4 hex key (1), for door hinge adjustment only



Scale in millimeters. Lay each fastener on its drawing to confirm the size before you start a step.

Not drawn: the two mounting clips and the screws for the Red Light Therapy Panel, which ship attached to the panel (Step 13).

Figure 2. Hardware identification at actual size when this page is printed at 100 percent. Lay each fastener on the drawing to confirm its size before you start a step.

Site Preparation

Prepare the Site

- Clear the installation area and the route from the crate to the site.
- Verify the site against the Site Checklist in Section 03 before uncrating.
- Stage your tools and the hardware bag at the installation site so both people can stay with the panels. The tools are listed in At a Glance in Section 01.

Crate Disposal

The crate consists of wood panels, cardboard, and foam. Most municipal recycling programs accept the cardboard, and the wood can be recycled or disposed of as construction debris. Set packaging aside during assembly rather than discarding it immediately, in case any component needs to be photographed or returned.

Assembly Steps

Complete all steps in order. Do not skip ahead. Panel letters A through D match the labels used below: **A is Left (control panel), B is Back, C is Right, D is Front (door)**. Left and right in this guide are as you face the front of the sauna, the door side. Figures are numbered in order and cited in each step.

CONNECTION METHODS

Components connect three ways: recessed keyhole-slot connectors between panels, power connectors for heaters and lights, and bolts or screws for mounted parts. Ensure each connection is firmly seated before moving to the next step.

PHASE	STEPS	ESTIMATED TIME
1 Uncrating	Step 1	About 15 minutes
2 Walls	Steps 2 to 8	About 25 minutes
3 Door handle and interior	Steps 9 to 11	About 20 minutes
4 Ceiling and red light panel	Steps 12 to 13	About 15 minutes
5 Finish and test	Steps 14 to 15	About 15 minutes

Times are estimates for two people and add up to about 90 minutes.

PHASE 1 • UNCRATING • ABOUT 15 MINUTES

STEP 1 • Preparation and Uncrating

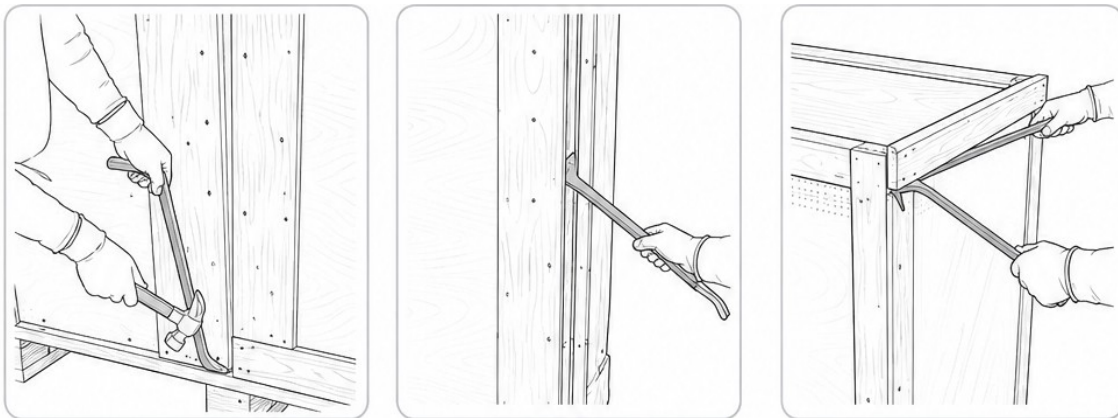


Figure 3. Uncrating: pry the crate front open at the bottom, then the sides, then the top, while your helper holds the contents upright.

TEAM BUILD

Two or more people are required. One person must hold the crate contents upright while the other removes the crate front.



CAUTION • SHARP EDGES

Utility staples and sharp edges around the crate can cut hands. Wear work gloves and safety glasses while you pry the crate open.

- Move the crate as close to the installation room as practical before opening it.
- Using the crowbar and hammer, pry the crate front open: bottom first, then sides, then top (Figure 3).
- With one person holding the contents upright, remove the crate front and set it aside.
- Unpack the components and check them against the inventory in Section 04.
- Stage each panel on its wooden edge, leaning against a wall at a shallow angle, never resting on glass and never freestanding.



WARNING • TIP-OVER

An unsupported panel can tip and cause serious injury. Lean every staged panel against a wall and never leave a panel freestanding, even for a moment.

PHASE 2 • WALLS • ABOUT 25 MINUTES

STEP 2 • Position the Floor Panel

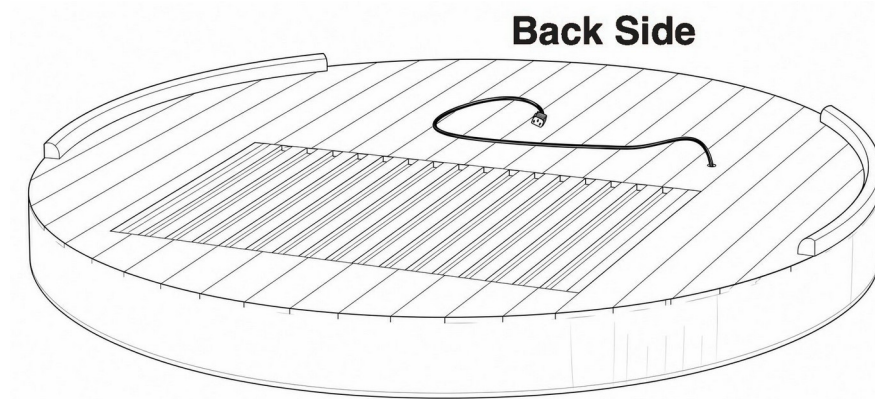


Figure 4. Floor Panel in position. The wooden quarter-round trim marks the back side; the front faces the 25 in door clearance.

- Move the Floor Panel to the installation location.
- Check the surface with your level. The sauna must sit flat; shim or choose another location if the floor is not level.
- Identify the back side of the Floor Panel by the wooden quarter-round trim (Figure 4). Turn the Floor Panel so the trim faces the wall behind the sauna and the front faces your 25 in door clearance.
- Confirm the receptacle is within reach of the 11 ft power cord, which exits the top of the Back Panel (B) and runs down the back of the sauna, as described in Section 03.

TIP

To avoid damage to your floor, do not slide or move the sauna after it is assembled. Position the Floor Panel exactly where the sauna will live.

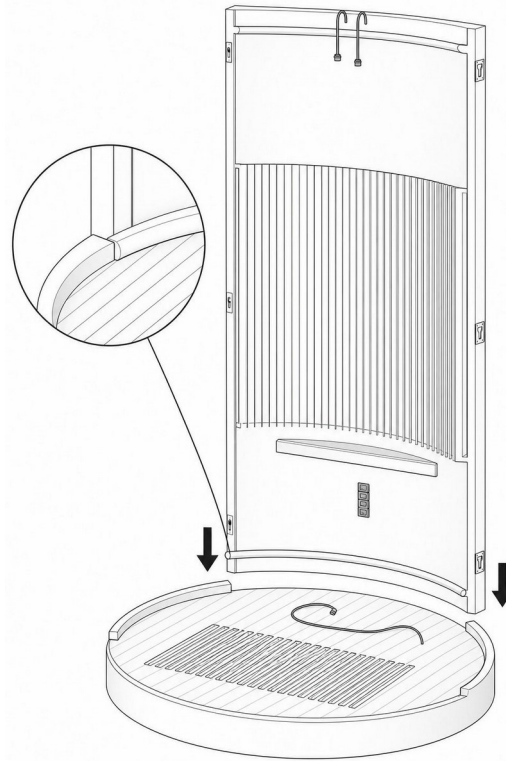
STEP 3 • Install the Back Panel (B)

Figure 5. Back Panel (B) lowered onto the rear edge of the Floor Panel so its trim sits between the Floor Panel trim pieces.

TEAM BUILD

Two or more people are required for this step and for every panel step through Step 8.

- Before you raise the Back Panel, let the power cord hang down the back face of the panel so it will reach the floor behind the sauna and the receptacle.
- With two people lifting, raise the Back Panel (B) and lower it onto the rear edge of the Floor Panel so the Back Panel wooden trim sits flush between the Floor Panel wooden trim pieces (Figure 5). Keep fingers clear of the bottom edge as the panel settles.
- One person must hold the Back Panel firmly upright until both side panels are installed.

**WARNING • TIP-OVER**

An unsupported panel can fall and cause serious injury. Do not let go of the Back Panel until the Left Panel (A) and the Right Panel (C) are seated on it.

CHECKPOINT

The Back Panel trim sits flush between the Floor Panel trim pieces, with no overhang on either side.

STEP 4 • Install the Left Panel (A)

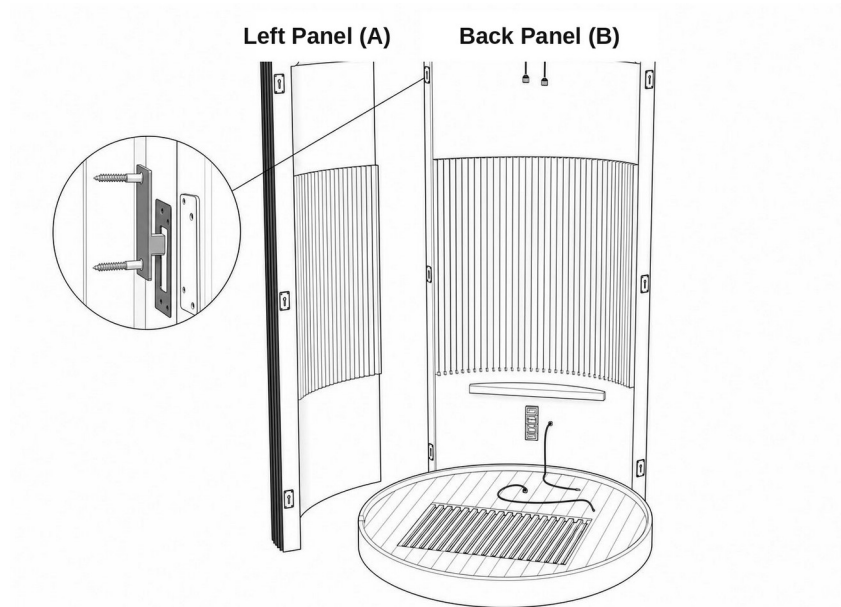


Figure 6. Left Panel (A) aligned with the Back Panel (B). The inset shows one of the three recessed keyhole slots that drop onto the Back Panel connectors.

TEAM BUILD

Two or more people are required. The Left Panel is a large, heavy curved panel and contains the control panel.

- Position the Left Panel (A) against the left edge of the Back Panel, left as you face the front of the sauna, and align its three recessed keyhole slots with the matching connectors on the Back Panel (Figure 6).
- Tap the top edge of the Left Panel downward with the rubber mallet until it is fully seated and aligned vertically with the Back Panel. Firm taps are normal. Use only a rubber mallet, never a metal hammer.
- Confirm the Left Panel bottom trim piece aligns with the Floor Panel trim piece.



CAUTION • PINCH POINT

The seam between panels can pinch fingers as the keyhole slots drop onto their connectors. Keep hands clear of the seam while tapping.

NOTICE • CONTROL PANEL

The Left Panel contains the control panel. Striking near the control panel or resting the panel face down can damage it. Do not strike near the control panel, and never rest this panel face down.

CHECKPOINT

Minor seams are normal, but no gap between panels should exceed 1/8 in. If a gap is larger, lift the panel slightly, re-seat the keyhole slots, and tap down again.

STEP 5 • Install the Right Panel (C)

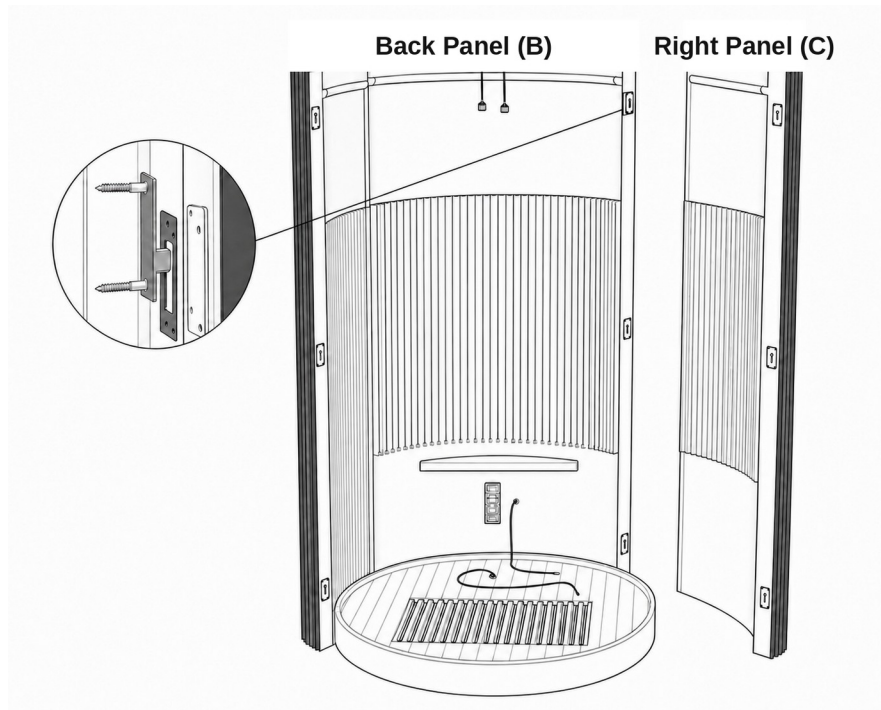


Figure 7. Right Panel (C) aligned with the right edge of the Back Panel (B), mirroring Step 4.

TEAM BUILD

Two or more people are required. The Right Panel is a large, heavy curved panel.

- Position the Right Panel (C) against the right edge of the Back Panel, right as you face the front of the sauna, and align its keyhole slots with the connectors on the Back Panel, exactly as you did on the left side (Figure 7).
- Tap the Right Panel downward with the rubber mallet until it is aligned vertically with the Back Panel and the bottom trim pieces align. Keep hands clear of the seam while tapping.

CHECKPOINT

Both side panels stand vertical, gaps are under 1/8 in, and the structure is self-supporting.

STEP 6 • Connect the Floor Panel Power Cable

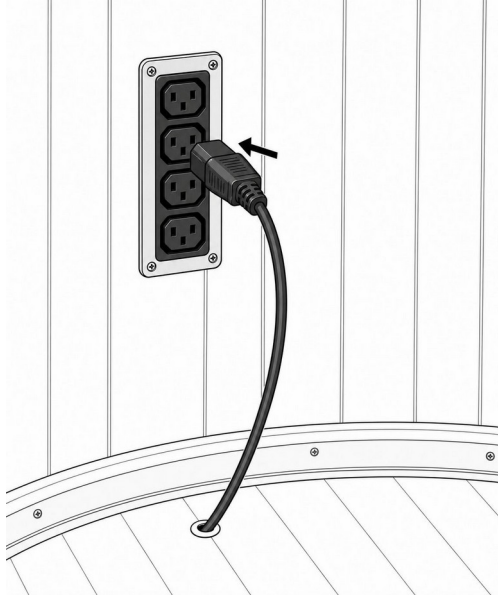


Figure 8. The Floor Panel power cable plugged into the three-socket outlet on the Back Panel (B).

Confirm the power cord is not connected to the outlet before you make any connection.

- Connect the black power cable from the Floor Panel to the matching socket in the three-socket outlet on the interior of the Back Panel (B), near the floor (Figure 8). Push until the connector is fully seated.

CHECKPOINT

The connector is fully seated and the cable is routed clear of the panel edges.

STEP 7 • Place the Calf Heater Panel

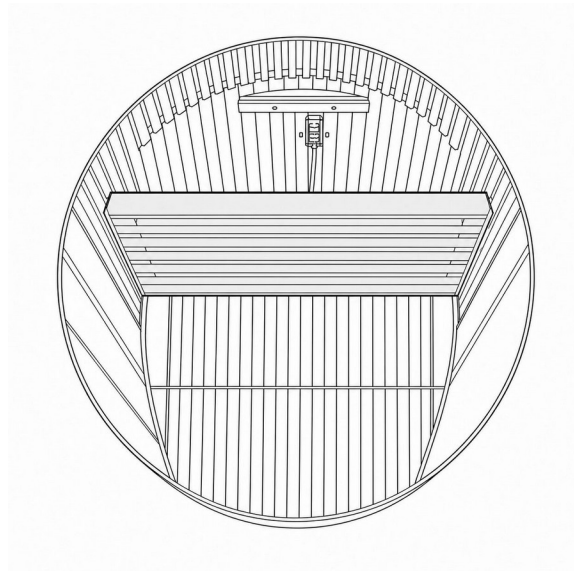


Figure 9. Calf Heater Panel placed inside the sauna, seen from above, between the Floor Panel trim and the wall panels.

- Set the Calf Heater Panel inside the sauna so it fits snugly between the wooden trim along the Floor Panel and the wall panels (Figure 9).
- Do not fasten anything yet. The Calf Heater Panel is secured with its screws in Step 10, once all panels are aligned.

STEP 8 • Install the Front Panel (D)

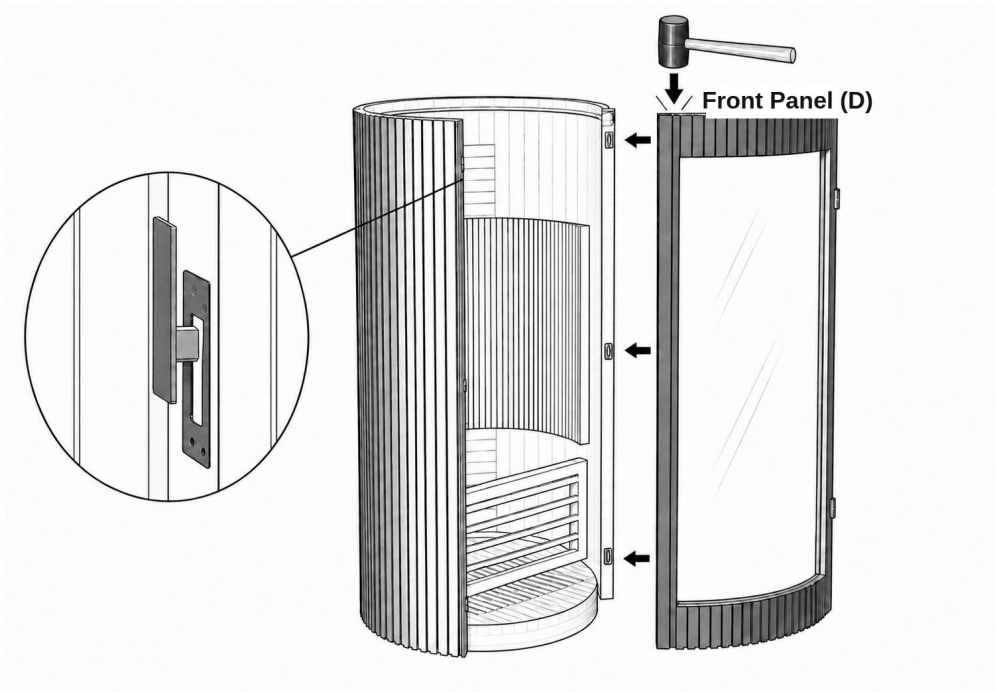


Figure 10. Front Panel (D) aligned with both side panels and tapped down with the rubber mallet.

TEAM BUILD

Two or more people are required. The Front Panel contains the curved glass door.



WARNING • GLASS

The Front Panel contains a curved glass door. A dropped or struck panel can shatter the glass and cause cuts. Support the panel with both hands on its wooden frame, never strike the glass, and never set the panel down on its glass face.

- Lift the Front Panel (D) and align its recessed keyhole slots with the connectors on the Left Panel (A) and Right Panel (C) (Figure 10).
- Tap the Front Panel downward with the rubber mallet until it is aligned with both side panels on all sides. Keep hands clear of the seams while tapping.
- Confirm the interior trim aligns along the top of each panel.

CHECKPOINT

All four walls are seated, seams are flush with no gap over 1/8 in, the interior top trim is aligned on every side, and the door swings freely through its full arc and closes square against the seal. If the door binds, tap the Front Panel down further and re-check.

STEP 9 · Install the Door Handle

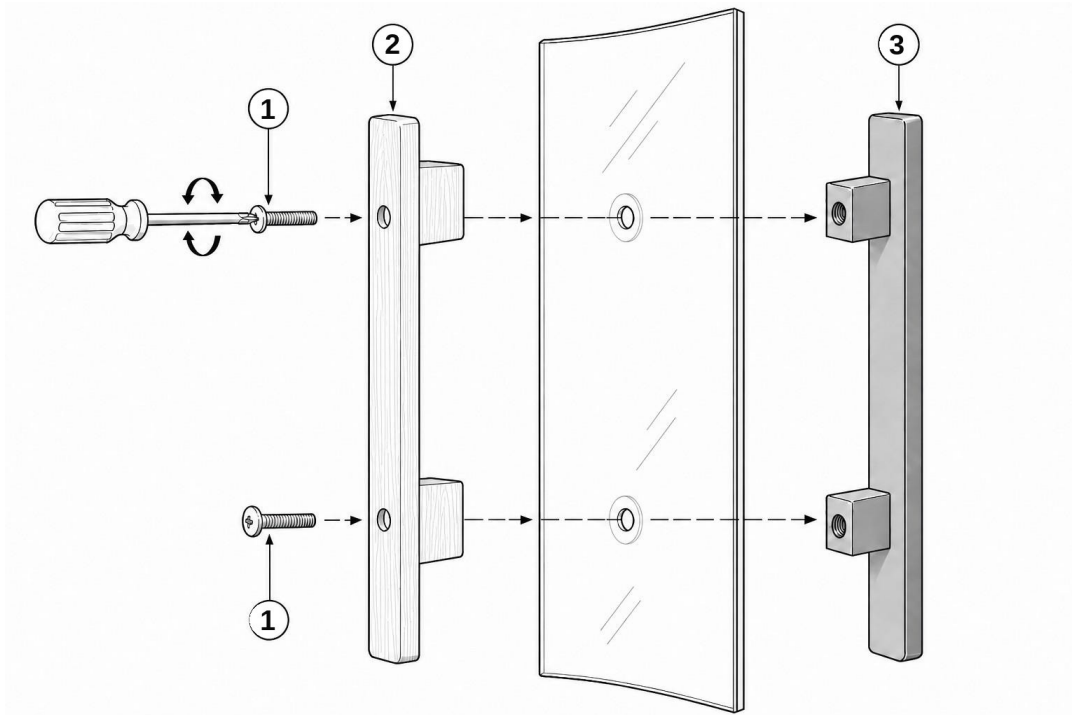


Figure 11. Door handle assembly: bolts (1) pass through the interior wooden handle (2) and the glass into the exterior stainless steel handle (3).

Parts (Figure 11): (1) two 6 × 60 mm bolts, (2) the interior wooden handle, (3) the exterior stainless steel handle, and the wooden plugs.

⚠ WARNING · GLASS

The curved glass door has a thin plastic laminate around the bolt holes that serves as a shatter-resistant safety layer. Removing the laminate or over-tightening the handle bolts can crack the glass and cause cuts. Leave the laminate in place, tighten until snug only, and stop at once if you hear the glass creak.

- Insert the bolts (1) through the holes in the interior wooden handle (2).
- Guide both bolts through the holes in the glass door.
- Use the Phillips screwdriver to tighten the bolts into the exterior handle (3). Tighten until snug. Do not over-tighten against the glass.
- Press two wooden plugs into the bolt recesses on the interior handle to conceal the hardware. The third plug is a spare.

STEP 10 • Secure the Calf Heater Panel

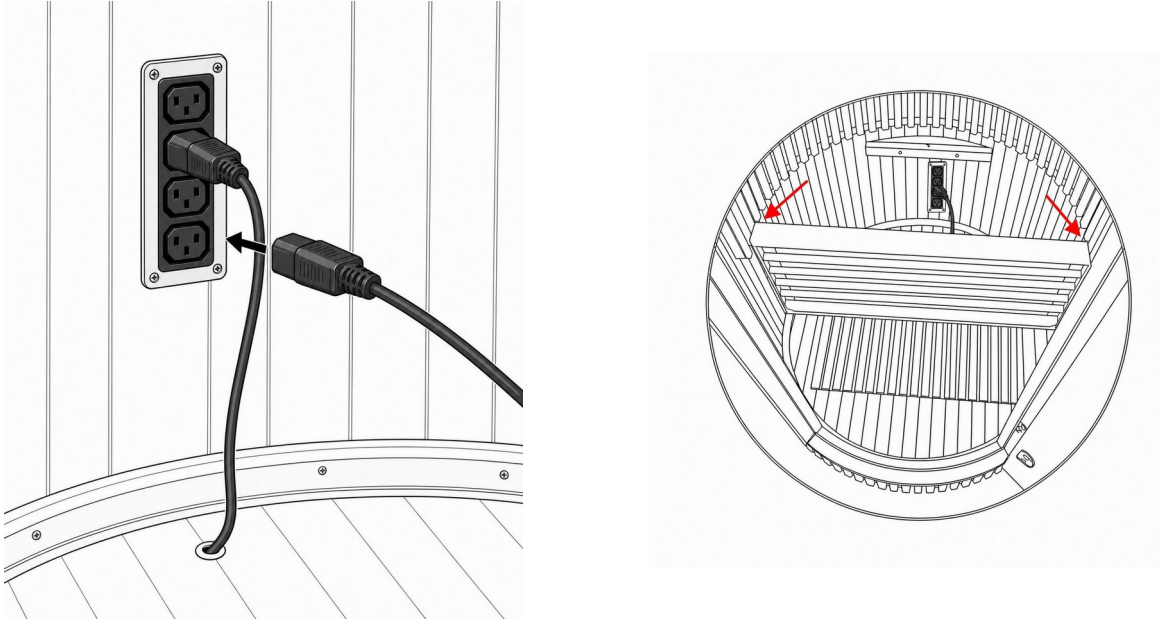


Figure 12. Left: the two screw positions at the rear of the Calf Heater Panel. Right: the calf heater cable plugged into the three-socket outlet on the Back Panel (B).

Confirm the power cord is not connected to the outlet before you make any connection.

- Using the power drill with the Phillips bit or the Phillips screwdriver, secure the Calf Heater Panel with (2) of the 3.5 × 40 mm screws in the holes at the rear of the panel (Figure 12, left). Drive each screw until the head seats; do not over-tighten, which strips the wood. The other 2 screws in the bag are spares.
- Once the panel is secured, connect the black power cable for the calf heater from the panel to the three-socket outlet on the Back Panel (B) (Figure 12, right).

CHECKPOINT

The Calf Heater Panel is rigid, with no flex or rattle when pressed, and its power cable is fully seated.

STEP 11 • Install the Seat Panel

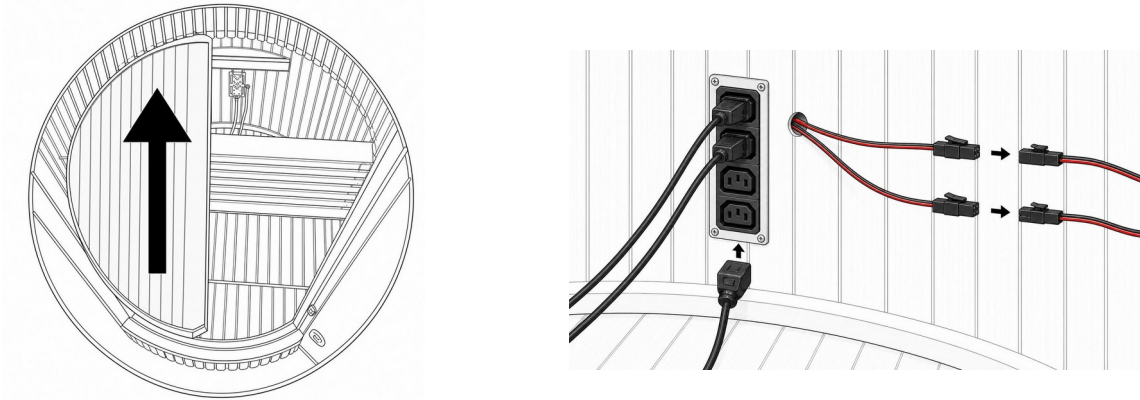


Figure 13. Left: the Seat Panel slid halfway in, perpendicular to the Calf Heater Panel, viewed from above. Right: the thin red and black wires joined and the black seat power cable plugged into the outlet.

Confirm the power cord is not connected to the outlet before you make any connection.

- Position the Seat Panel and slide it halfway into place, perpendicular to the Calf Heater Panel as shown in Figure 13 (left), to leave room to connect the wires that extend from the Seat Panel to the Back Panel (B).
- Connect the thin red and black wires extending from the Seat Panel to the matching red and black wires extending from the Back Panel (Figure 13, right).
- Connect the black power cable on the Seat Panel to the three-socket outlet on the Back Panel.
- Once the wires are connected, rotate the Seat Panel clockwise, viewed from above, until it sits fully in place against the Back Panel (Figure 14, left).
- Using the power drill with the Phillips bit or the Phillips screwdriver, secure the Seat Panel to the Back Panel with the (1) 4 × 50 mm screw in the pre-drilled hole toward the back of the panel (Figure 14, right). Drive the screw until the head seats; do not over-tighten.

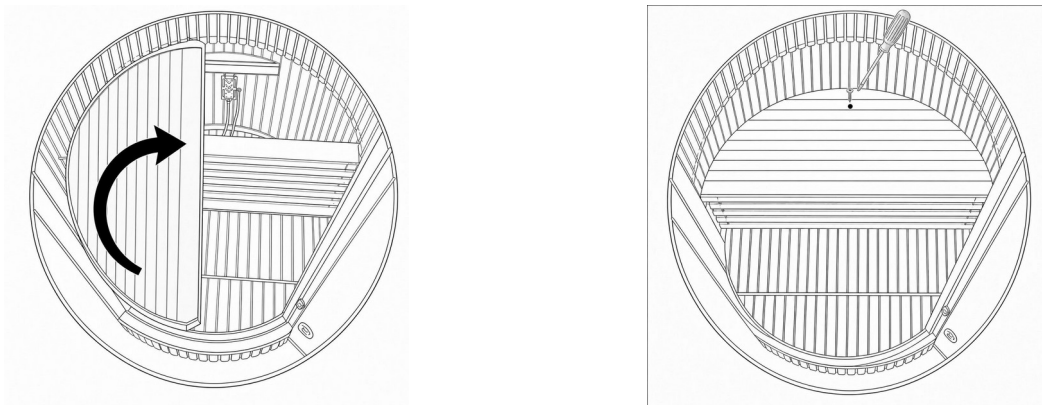


Figure 14. Left: the Seat Panel rotated clockwise into place, viewed from above. Right: the Seat Panel fully seated, with the 4 × 50 mm screw at the back.

CHECKPOINT

The Seat Panel sits level and fully seated, every wire is connected, and no wire is pinched under the panel.

STEP 12 · Install the Ceiling Panel

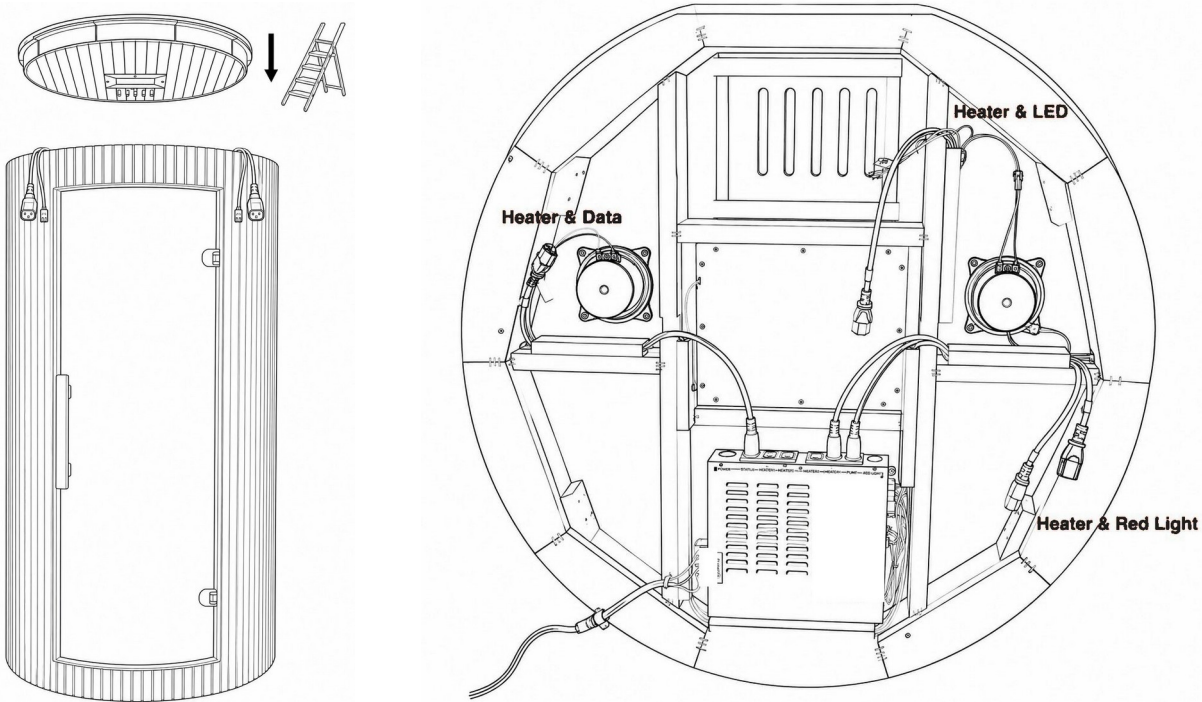


Figure 15. Left: the Ceiling Panel lowered onto the walls from the ladder, vent toward the back, with the wall cables draped outside the sauna. Right: the Ceiling Panel connections viewed from above, with the Heater & Data, Heater & LED, and Heater & Red Light cable groups around the control box.

TEAM BUILD

Two or more people are required, one on a ladder or step stool. Never install the Ceiling Panel alone.

Confirm the power cord is not connected to the outlet before you make any connection.

NOTICE · CABLE ROUTING

A cable trapped between the Ceiling Panel and a wall can be cut or pinched and will not reach its connector. Before you lower the Ceiling Panel, position every wire extending from the top of the wall panels so it drapes over the outside of the sauna, where it hangs freely until the ceiling is fully seated.

- Working from the ladder, carefully position the Ceiling Panel with the vent facing toward the back of the sauna, and lower it until it sits flush on the interior upper wall trim (Figure 15, left). Keep fingers clear of the top edges of the walls as the Ceiling Panel settles.
- Plug each cable into its corresponding counterpart with the same label. Figure 15 (right) shows the three cable groups on the Ceiling Panel: Heater & Data on the left, Heater & LED at the top right, and Heater & Red Light on the right.

⚠ WARNING • RED LIGHT CABLES

The thick black cables for the heaters and the red light panel look the same. The cable marked **"Red Light"** must connect only to its matching cable labeled **"Red Light"**, because the red light circuit receives constant power whenever the sauna is plugged in. If it is crossed with a heater cable, a heater can remain powered when the sauna is off, which is a burn and fire hazard. Check the labels before you join the connectors.

Cables for the sauna lighting are thinner. They will be red and black or blue and white. A spare lighting cable is pre-installed in the sauna and does not have a corresponding cable.

CHECKPOINT

The Ceiling Panel sits flush on all four walls, the vent faces the back, no cable is pinned between the ceiling and a wall, and every connector on the Ceiling Panel is fully seated.

STEP 13 • Install the Red Light Therapy Panel

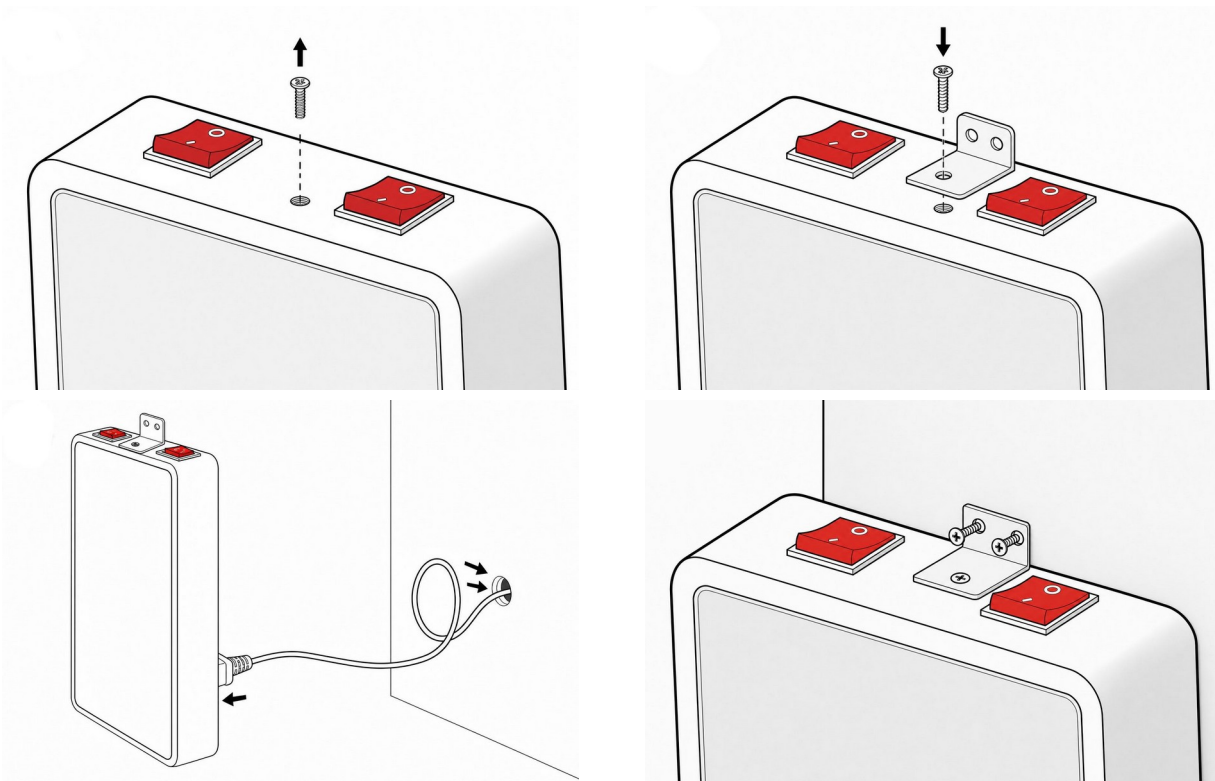


Figure 16. Red Light Therapy Panel. Top left: remove the center screw from the casing. Top right: use that screw to fasten a Mounting Clip. Bottom left: plug the power cord into the back of the panel. Bottom right: fasten each clip to the wall with two screws.

TEAM BUILD

One person supports the panel while the other fastens the mounting clips.

Confirm the power cord is not connected to the outlet before you make any connection.



WARNING • GLASS

The Red Light Therapy Panel has a glass face. A dropped panel can shatter the glass and cause cuts. Support the panel with both hands until both clips are fastened to the wall, and never strike the glass.

- Using the Phillips screwdriver, remove the top and bottom center screws from the Red Light Therapy Panel casing (Figure 16, top left).
- Using those same screws, secure one Mounting Clip to the top of the panel and one to the bottom (Figure 16, top right). Drive each screw until snug; do not over-tighten the thin casing.
- Plug the power cord securely into the back of the panel, then push the excess cable into the wall opening (Figure 16, bottom left).
- With your helper holding the panel against the wall, secure the Mounting Clips to the sauna wall with the four provided screws, two in each clip, using the Phillips screwdriver (Figure 16, bottom right). Drive each screw until the head seats; do not over-tighten, which strips the wood.

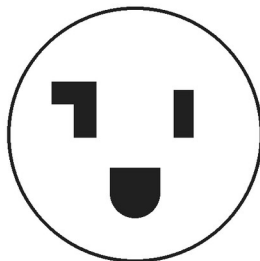
CHECKPOINT

The panel is secure on both clips, all four wall screws are snug, and the power cord is plugged into the panel with the excess cable tucked into the wall.

PHASE 5 • FINISH AND TEST • ABOUT 15 MINUTES

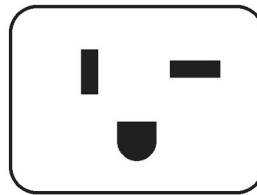
STEP 14 • Function Test

Receptacle face and plug blade side, viewed from the front



NEMA 5-20R receptacle

The T-shaped slot marks a 20A receptacle.



NEMA 5-20P plug, blade side

One blade is turned sideways.
It fits only a 5-20R.

Figure 17. The NEMA 5-20R receptacle (left) and the NEMA 5-20P plug (right). The sideways blade fits only a 20A receptacle.

Test every system now, while the connections on the Ceiling Panel are still accessible. This is the only step in which the sauna is powered before installation is complete.



CAUTION • HOT SURFACES

Heater surfaces and the Red Light Therapy Panel become hot during the test and can burn skin. Keep towels, clothing, and packaging away from the heaters, and do not touch heater surfaces during or after the test.

- Plug the power cord into the dedicated NEMA 5-20R receptacle (Figure 17).
- Power the sauna on at the control panel on the Left Panel (A) and verify the display lights and responds.
- Start a heating session and confirm every heater zone begins to warm within a few minutes, including the calf heater, the floor heater, and the seat heater.
- Confirm the Red Light Therapy Panel illuminates when switched on.
- Confirm the interior chromotherapy and ambient lighting respond to the controls.
- If you plan to use the app or Bluetooth audio, confirm the control panel pairs with the Sun Home Saunas app over your 2.4 GHz Wi-Fi network and that a phone pairs over Bluetooth, as described in the Owner's Manual. The sauna operates fully without the app.
- Power the sauna off and confirm all heaters shut off and the Red Light Therapy Panel switches off with its control.
- **Unplug the power cord before continuing to Step 15.**

IF SOMETHING FAILS

If the Red Light Therapy Panel does not light, or a heater stays warm with the sauna powered off, two connectors on the Ceiling Panel are likely crossed. Unplug the sauna and see Section 07, Assembly Troubleshooting, before installing the Dust Cover.

STEP 15 • Install the Dust Cover

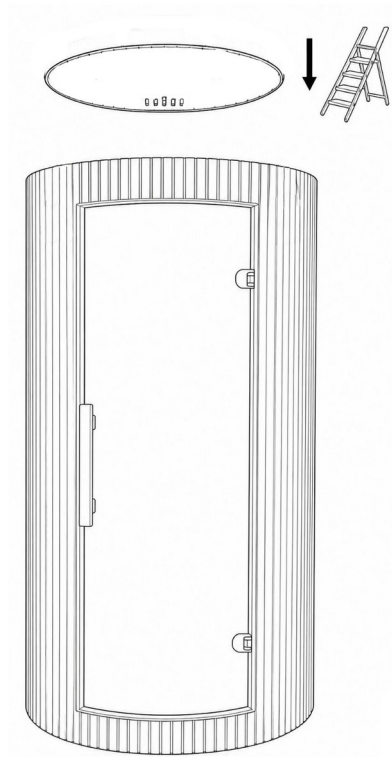


Figure 18. Dust Cover lowered onto the Ceiling Panel over the connections.

- With the Function Test passed and the power cord unplugged, position the Dust Cover over the connections on the Ceiling Panel as shown in Figure 18.
- Using the power drill with the Phillips bit or the Phillips screwdriver, secure the Dust Cover with the (8) black 3 × 16 mm screws. Drive each screw until the head seats; do not over-tighten, which strips the thin cover.
- Route the power cord neatly down the back of the sauna to the receptacle and plug it back in.

INSTALLATION COMPLETE

Before your first session, please read the Pod Owner's Manual for operating instructions, heat-up guidance, safety information, and care recommendations.

Assembly Troubleshooting

Unplug the sauna before any action in this table that touches a cable, a connector, or the Ceiling Panel.

ISSUE	LIKELY CAUSE	WHAT TO DO
A panel will not seat flush, or a gap exceeds 1/8 in	Keyhole slots not fully engaged, or the panel is not level	Lift the panel slightly to release the keyhole slots, re-align, and tap down again with the rubber mallet.
The Red Light Therapy Panel does not light, or a heater stays warm when the sauna is off	The black Red Light cables on the Ceiling Panel are crossed with a heater cable	Unplug the sauna. With the Dust Cover off, swap the black cable connections on the Ceiling Panel, then plug in and re-run the Function Test until the Red Light Therapy Panel operates correctly with the heaters off.
The door does not close square against the seal	The Front Panel is not fully seated	Tap the Front Panel down until aligned with both side panels, then re-check the door.
The control panel does not power on	Cord not fully seated in the receptacle, breaker or GFCI tripped, or wrong receptacle type	Confirm the plug is fully seated in a NEMA 5-20R receptacle on a dedicated, GFCI-protected 120V, 20A circuit, and reset the breaker or the GFCI device if it has tripped.
The control panel lights but does not respond to its buttons	The control or data cable on the Ceiling Panel is not fully seated	Unplug the sauna. Remove the Dust Cover, reseal the Heater & Data connectors on the Ceiling Panel until they click, then plug in and retest.
A cable will not reach its connector on the Ceiling Panel	Cable fell inside the wall or is routed to the wrong neighbor	Unplug the sauna. Lift the Ceiling Panel slightly, pull the cable up so it hangs outside the wall, and join it to its labeled counterpart.

If an issue persists, stop assembly and contact us. Photos of the affected area speed up every support conversation.

Final Checklist and Support

Final Inspection

- ☐ All panel seams are flush, with no gap over 1/8 in.
- ☐ The door opens through its full 25 in swing and closes square against the seal.
- ☐ The Calf Heater Panel is secured with 2 of the (4) 3.5 × 40 mm screws, and the 2 spares are kept.
- ☐ The Seat Panel is secured with the (1) 4 × 50 mm screw and every seat wire is connected.
- ☐ The Red Light Therapy Panel is mounted on both clips with all four wall screws and is plugged in.
- ☐ The door handle is snug and the wooden plugs are in place.
- ☐ The Function Test passed: control panel, all heater zones including the calf, floor, and seat heaters, the Red Light Therapy Panel, and the interior lighting.
- ☐ The Dust Cover is secured with all 8 black screws.
- ☐ The power cord runs down the back of the sauna directly to the dedicated receptacle with no extension cord.
- ☐ No hardware remains except the M4 hex key, the spare wooden plug, and the 2 spare calf panel screws. Keep them.
- ☐ This guide is stored where you can find it.

What's Next

Your Pod is installed. Before your first session, read the Pod Owner's Manual for operating instructions, recommended session temperatures, heat-up times, app pairing, warranty information, and care and maintenance guidance. The Owner's Manual is included with your sauna and available at sunhomesaunas.com.

NEED SUPPORT?

Our team is happy to help with any part of your installation.

Call: 844-728-6200 **Email:** info@sunhomesaunas.com **Web:** sunhomesaunas.com