PHILIPS



Wake-up Light

SmartSleep

Philips' best-selling Wake-up Light

Colored Sunrise Simulation

Sunset Simulation for relaxing bedtime

5 Natural Wake-up Sounds & FM Radio



HF3520/60

Wake up naturally

with a Wake-up Light and a coloured sunrise

Inspired by nature's sunrise, the Philips Wake-up Light uses a unique combination of light and sound to wake you in a more natural way, so you feel more refreshed. The relaxing sunset simulation helps you wind down for bedtime. Developed with Philips' clinical Sleep & Respironics healthcare knowledge and our 100+ years of Lighting expertise. Only Philips Wake-up lights are clinically proven and backed by our 90 Day No Hassle Money Back Guarantee.

Natural light wakes you gradually

- Coloured Sunrise Simulation wakes you naturally
- 20 brightness settings to fit your personal preference
- Dimming light gently sends you off to sleep

Natural sounds wake you gently

- Choice of 5 different natural wake up sounds
- FM radio lets you wake up with your favorite radio show

Naturally designed around you

- Display automatically dims itself when the bedroom gets dark
- Just tap the product to snooze
- 4 display brightness levels - adjust to your preference

Naturally proven to work

- Developed by Philips, experts in light for over 100 years.
- 92% of users agree that it is easier to get out of bed
- The only Wake-up Light clinically proven to work

Highlights

Coloured Sunrise Simulation



Inspired by nature's sunrise, light gradually increases within 30 minutes from soft morning red through orange until your room is filled with bright yellow light. This process of changing an increasing light stimulates your body to wake up naturally. By the time light has filled the room your chosen natural sound completes the wake up experience, leaving you ready for the day ahead.

5 Natural Sounds



At your set wake up time natural sound will play to complete the wake up experience and ensure you are awake. The selected sound gradually increases in volume to your selected level within one and a half minute. There are five natural sounds you can choose from: Forest Birds, Buddha, Yoga, Ocean Waves, and Nepal Bowls.

FM Radio



Listen to your favorite radio show while you are waking up.

Intuitive Dimming Display



The brightness of the display adjusts itself. If the bedroom is filled with light, the brightness increases to keep the display readable. When the bedroom is dark the brightness dims so it doesn't light up your bedroom when you are trying to sleep

Tap Snooze



A slight tap anywhere on the Wake-up light, sets the snooze mode. After 9 minutes the sound will gently start playing again.

Proven by scientists



At this moment in time the Philips wake-up light is the only one scientifically proven to work. In order to make the Wake-up Light the best possible product it can be in genuinely waking you up naturally and energized we have done a lot of clinical research. This reseach was conducted by independent science facilities to study and prove the effects of the wake-up light on the overall wake up experience. This way we have proven, among other things, that the Philips Wake-up Light not only wakes you more naturally, but also more energized and that it improves your mood in the morning.

Developed by Philips



Philips was founded over a 100 years ago as a company that produced and sold lightbulbs. Over 100 years Philips grew into a global company that brings innovation in lots of different areas. To this day lighting still is the soul of Philips. The Wake-up Light is proud to continue its heritage by building on years of knowlegde and expertise of the world's most well know lighting expert.

Sunset Simulation



Sunset simulation is a light therapy used before you go to sleep. Sunset simulation prepares your body to fall asleep by gradually decreasing light to your set duration.

Highlights

Preferred by consumers



Independent research* shows that 92% of Philips Wake-up light users find it is easier to get out of bed (Metrixlab 2011, N=209)

Light Settings



The sensitivity to light differs per person. In general, when using a higher light intensity a person needs less time to become fully awake. The 20 light intensities of the Wake-up light can be personalized and even be set up to 300 lux.

4 display brightness levels



The brightness of the display can change from high-medium-low-very low-none.

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Specifications

Sound
FM radio
Number of Wake-up Sounds: 5
Music from smartphone / iPod: No

Technical specifications
Power: 16.5 W
Cord length: 150 cm
Voltage: 100/240 V
Insulation: Class III
Frequency: 50/60 Hz
Type of lamps: Lumiled Luxeon Rebel
Insulation Powerplug: Class II (double isolation)
Power Output Adapter: 12W
Time backup: 4 to 8 hours

Weight and dimensions
Product dimensions: 19.2 (height) x 19.9 (diameter) x14.6 (depth) cm
Country of origin: China
Power Plug weigth: 99 gram
Product weight: 730 grams g

Safety
UV-free: UV-free

Easy to use
Anti-slip rubber feet
Charges iPhone/ iPod Touch: No
Display brightness control: Self adjusting
Snooze type: Smart snooze
Instore demo function
Number of alarm times: 2 alarms
Controlled by iPhone/ iPod App: No
Tap snooze for sound: 9 minutes

Well-being by light
Increase alertness
Wake-up gradually
Drift to sleep naturally
Wake up naturally

Natural light
Brightness settings: 20
Sunrise simulating process: adjustable 20-40 minutes
Colored sunrise simulation: Yes. Red, to orange to yellow
Light intensity: 300 Lux
Sunset simulation

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