PHILIPS



Wake-up Light

SmartSleep

Coloured Sunrise Simulation

6 natural sounds

FM radio and Reading lamp

Tap Snooze



HF3521/01

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 therapy and sound to wake you in a more natural way.The colour of the light changes from soft dawn reds through warm orange to bright yellow light.

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

- FM radio lets you wake up with your favourite radio show
- Choice of 6 different wake-up sounds

Naturally designed around you

- Display automatically dims itself when the bedroom gets dark
- Just tap the product to snooze
- A soft light to guide you in the dark

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.

Night Guide Function

The night guide function of the Wake-up Light is designed to provide just enough light to find your way in the dark. While regular bedside lights use bright light, the night guide uses a dim, subtle orange light. This softer tone of the light is ideal for minimising the disturbance of your night's sleep. Moreover, you can effortlessly activate the night guide by tapping your device twice.

FM Radio



Listen to your favourite 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 energised, we have done a lot of clinical research. This research 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 energised and that it improves your mood in the morning.

Developed by Philips



Philips was founded over 100 years ago as a company that produced and sold light bulbs. 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 knowledge and expertise of the world's most well-known lighting expert.

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Highlights

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.

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



Sensitivity to light differs from person to 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 personalised and even be set to up to 300 lux.

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Specifications

Sound
FM radio
Number of Wake-up Sounds: 6
Music from smartphone/iPod: No

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

Weight and dimensions
Product dimensions: 19.2 (height) x 19.9 (diameter) x 14.6 (depth) cm
Country of origin: China
Power Plug weight: 99 grams
Product weight: 730 grams g

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
Coloured sunrise simulation: Yes. Red, to orange to yellow
Light intensity: 300 Lux
Sunset simulation
Night Guide function: Dim orange light

Safety and Regulations
Not for general illumination: Not for general illumination
UV-free: UV-free
To wake up with light: To wake up with light

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