Philips EnergyUp
Energy light

Intense blue light
Corded
as effective as 10,000 lux





HF3421/01



Feel more energized with light, naturally

Compact blue light energizes like bright daylight

Philips EnergyUp is a portable energy light that uses the natural power of daylight to improve energy levels and mood. Just 20-30 minutes a day is all it takes to feel more energized and alert, helping you to perform whenever you need to.

Clinically proven: energizes naturally with light
- Improves energy levels, alertness and mood
- Fights energy dips, fatigue and winter blues
- Light is a natural energizer that fits a healthy lifestyle
- Independent research confirms improved energy levels

Compact on-the-go design, use it anywhere, anytime
- As effective as much larger 10,000 lux white lights
- Results in just 20-30 min/day; use while reading, working

Advanced Philips LEDs provide comfortable light
- Has a similar effect on well-being as a sunny blue sky
- Even brightness, ultimate eye comfort
- 100% UV free light - safe for eyes and skin
- 100+ years of Philips lighting and healthcare know-how

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Highlights

Increases energy levels

Today's busy modern lifestyles demand peak performance all day long – but even the fittest person suffers energy crashes or lows, particularly when deprived of natural daylight, such as in an office in winter. EnergyUp fights energy dips and improves mood using the natural energizing power of sunlight to stimulate the body and improve alertness. With just a single 20-30 minute session proven to be effective, use EnergyUp whenever you need to charge up and energize: to get going in the morning, reboot after lunch, or maintain sustained energy levels throughout the day.

Fights energy dips

Lack of light during the darker winter months causes many people to experience a noticeable drop off in their energy levels and low spirits as autumn sets in. Known as 'winter blues' (or sub-syndromal seasonal affective disorder, sub-SAD), symptoms may cause the sufferer to feel low, listless and fatigued for weeks or even months on end, affecting both personal performance and mood. Philips EnergyUp fights these symptoms of winter fatigue with the natural energizing power of sunlight, sustaining the body with summer vitality throughout the dark winter months.

Light is a natural energizer

Daylight is essential to well-being and keeping fit and energized throughout the day – just like healthy nutrition and regular exercise. Philips EnergyUp mimics the natural energizing power of daylight on a bright sunny day, stimulating special receptors in the eye that trigger the body's natural response to sunlight. This helps you to feel more energetic, active and alert. On days when your energy level is low and you're feeling tired, EnergyUp promotes vitality, naturally.

Clinically proven benefits

EnergyUp is clinically proven to improve energy levels, alertness and mood, helping to fight winter blues [1], and be effective against winter depression [2, 3]. Independent research reveals that 70% of people who tried EnergyUp Intense blue felt their energy levels improve after just two weeks of use (study with 823 participants in the UK in 2011 by Bzz Agent). A further 84% were satisfied with the way EnergyUp Intense blue helped them to fight winter blues (study with 229 participants in the Netherlands in 2011 by MetrixLab).

Just 20-30 minutes a day



Just 20-30 minutes a day with EnergyUp is proven to revitalize and promote a positive mood. Simply position the energy light at arm's length so that the light reaches your eyes. There's no need to look directly into the light, so you can multitask with EnergyUp, benefitting from it at breakfast, or when working or reading. Since the light is UV free and comfortable and safe for eyes, you can use it for as long as you wish during the day (if used in the evening or before bedtime it may delay sleep). With daily use, you are likely to feel EnergyUp's energizing effect within 1-2 weeks.

Ultimate eye comfort



EnergyUp uses a unique lighting system to control glare for complete eye comfort. A unique combination of diffusers, reflectors and filters distribute the powerful LED light evenly across the whole surface of the screen. This controls glare and prevents bright spots, for diffuse light that is always comfortable and pleasant to experience.

UV-free



The pure blue light of EnergyUp increases energy levels naturally. The effect is similar to that of a sunny day, but without the UV rays associated with sunlight.

Developed by Philips



Philips was founded more than one hundred years ago as a pioneer of affordable light bulbs, and later used its expertise in vacuum tube technology to develop one of the world's first X-ray imaging machines. To this day, the company remains a global leader in lighting and healthcare, driven on by the desire to improve people's lives around the world every day by creating innovations that matter to you. This proud heritage continues with EnergyUp, an innovative product which benefits from all of Philips' experience as a leading lighting, healthcare and consumer technology company.

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Specifications

Well-being by light
- Increase energy level
- Increase alertness
- Feel more rested
- Fight winter blues/ depression
- Lift your mood
- Fight jet lag

Comfortable light
- Specific blue light
- Similar effect as 10,000 lux
- Even screen luminance

Easy to use
- Light intensity settings: 5
- On/off button
- One button operation

Portable
- Small, compact design

Technical
- Power adapter: 10W
- Voltage: 100/240 V
- Frequency: 50/60 Hz
- Insulation Power Plug: Class II (double isolation)
- Type of Lamp: High power LED
- Lifetime of lamps: 10,000 hours
- Cordlength: 180 cm

Weight and dimensions
- Product dimensions: 14,3 x 14,3 x 3,5 cm
- Product weight: 0,4 kg
- F-box dimensions: 18,0 x 18,9 x 10,4 (WxHxD) cm
- Master carton: 2
- F-box weight: 0,8 kg

Logistic data
- Country of origin: China
- CTV code: 884342101

Safety and Regulations
- Medical Device Directive: 93/42/EEC and 2007/47/EC
- CE 0344 Certified
- UV-free: No UV or near UV radiation

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* *Anderson, J. et al. Acta Psychiatr Scand 2009 120: 203-12; W.B. Duijzer, Y. Meesters (SLTBR 2011)
* [1] Y. Meesters, W.B. Duijzer (SLTBR 2011, p.52)
* [2] W.B. Duijzer, Y. Meesters (SLTBR 2011, p.33)
* [3] J.L. Anderson et al. Acta Psychiatr Scand 2009 120: 203-12