Philips Somneo
Sleep and Wake-Up light with AmbiTrack environmental sensor and PowerWake: extra alarm option

Simulated sunrise and sunset

Personalized light and sound
App-based tracking

HF3672/01



Personalize your sleep experience, wake refreshed

Fall asleep relaxed and wake up naturally

The Sleep & Wake-up Light designed to help you relax, sleep tight and wake up energized. With light-guided breathing, personalized sun settings and bedroom environment tracking. From the makers of the leading global Wake-up Light sold.

Natural sunrise and sunset simulation
- Gradually increasing brightness wakes you feeling refreshed
- The first Wake-up Light clinically proven to work

RelaxBreathe: Light-guided wind-down breathing
- Light-guided breathing helps you relax to sleep

AmbiTrack bedroom sensing and the SleepMapper app
- Control your device and monitor your sleep experience
- Fine-tune your sleeping environment
- Easy set-up with Wifi

Personalized settings with multiple options
- PowerWake alarm designed to wake you on time
- Choose the right lights and sounds for you
- Customize your wake-up with thousands of alarm combinations
- Intuitive touchscreen for easy device control
- Contemporary design adds style to your bedroom

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Highlights

Simulate natural sunrise



Light incrementally builds before your wake time from soft morning red through orange, until your room is filled with brightly colored light of your choice. The process of changing and increasing light is designed to gently prepare your body for waking up while you are still asleep. By the time light has filled the room, your selected natural sound or FM station completes the wake-up experience, leaving you ready for your day.

SleepMapper app



The SleepMapper app lets you set multiple alarms, light themes, intensity settings, and control sounds and radio via your Android and iOS smart devices. You can view room environment data, monitor your sleep routines and get tips on improving your sleep. Using the app over time can help you see how your environment might be affecting your sleep, whether it's time spent in bed, changes in room temperature or noise disturbances in your environment. If your phone isn't nearby, all the essential functions of Somneo can be accessed on the light itself.

Clinically proven to work



Philips Wake-up Lights are clinically proven to improve your general well-being after you wake up. Several independent studies have shown that our Wake-up Light not only wakes you up more naturally, but also more energized and that it improves your mood in the morning. Independent research shows that 92% of users say that the Philips Wake-up Light wakes them up pleasantly* and 88% call it a better way to wake up than the way they did before.*

RelaxBreathe for easy sleep



Inspired by widely used breathing and relaxation exercises, our light-guided wind-down function is designed to ease you comfortably into sleep by helping you decompress from the day's activities and unwind. The customizable relaxation program lets you choose from a number of pre-set wind-down rhythms. Use the app to follow basic breathing guidelines along with your light rhythm settings to enjoy a calm and peaceful transition from your day to your dreams.

AmbiTrack environmental sensor



Optimal bedroom conditions can help you sleep better through the night. With a built-in external sensor to collect and track data with precision from your bedroom, Somneo monitors external factors that might be affecting your sleeping experience. By tracking your room's temperature, humidity, and noise and light levels, Somneo can provide informed insights about your sleep environment to help you make productive changes to your bedroom so it can be conducive to your best sleep.

PowerWake: extra alarm option



Need just a few more minutes? Simply tap the top of the light to stop the alarm and activate the snooze function. For truly reluctant risers, the PowerWake feature combines the jarring jangle of an old-fashioned alarm clock with a brightly flashing light to get you out of bed. PowerWake helps you get up for that early morning appointment.

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Design

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Specifications

Easy to use
- Anti-slip rubber feet
- Number of alarm times: multiple
- Snooze type: Smart snooze
- Display brightness control: Self adjusting
- Instore demo function
- Charges mobile phone
- Tap snooze for sound: 9 minutes
- Control by smart phone

Weight and dimensions
- Product weight: including adapter 0.9 kg
- Product dimensions (W x D x H): 225x220x120 mm

Sound
- FM radio
- Number of Wake-up Sounds: 8
- AUX entry
- Number of relaxation sounds: 4

Light
- Brightness settings: 25
- Light colors: white, orange, yellow, amber
- Max Lux level: 315
- # of preinstalled sun themes: 3

Safety and Regulations
- UV-free
- Country of origin: China

Technical specifications
- Frequency: 50/60 Hz
- Voltage: 100-240 VAC
- Cord length: 1.5 m
- Power Output Adapter: 18W
- Housing back color: Matte white
- Type of lamp: LED
- Ambient Sensor: Humidity, Temp, Noise, Light
- Connected proposition: Yes, WiFi

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* *(Blauw Research 2008, N=477 users)