

Philips
Wake-up Light

HF3471/01



Wake up naturally

Gradually wakes you up with light

The Wake-up Light uses a unique combination of light and sound to wake you up in a gentle and natural way so you are ready for the day ahead. From now on, waking up will be a pleasant experience.

Soft rising light and sound wakes you gradually
- Soft rising light wakes you gradually
- Up to 250 lux for natural awakening
- Choice of 3 natural and pleasant wake-up sounds

Drift to sleep naturally
- Drift to sleep with gradually dimming light and sound

Easy to use
- Can be used as bedside lamp for pleasant reading
- Replaceable halogen lamp

Proven benefits
- Research shows that users find it easier to get out of bed
- Clinically proven to make waking up more pleasant
- 100 years of Philips expertise in light technology

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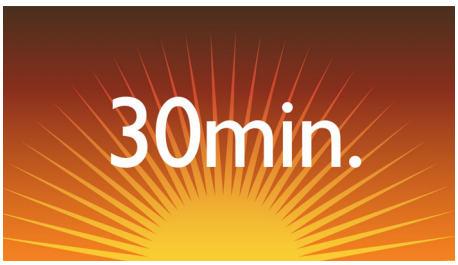
Highlights

Light wakes you gradually



The light intensity from your wake-up light gradually increases 30 minutes before your set wake up time. Light falls on your eyes and increases the level of energy in your body, gently preparing your body to wake up. This makes waking up a more pleasant feeling.

250 lux light intensity



The sensitivity to light differs a lot per person. In general, when using a higher light intensity a person needs less time to become fully awake. The light intensity of the Wake-up light can be set up to 250 lux. This makes sure you can wake up to the light intensity that suits your personal preference best.

Three natural wake-up sounds



At your set wake-up time, you will start hearing a natural sound or the selected radio station. It starts quietly and takes a minute and a half to reach the volume level you selected.

There are three sounds you can choose from; morning birds, a beep sound and wind chimes. The gradually increasing sound will make the wake up process even more pleasant, ensuring you're never rudely awakened.

Drift to sleep naturally



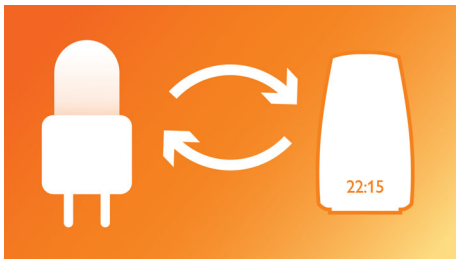
The gradually decreasing light and sound help you to drift to sleep. You can set your preferred time for the duration of the dusk simulation.

Bedside lamp



The 20 different brightness settings allow you to use the product as a bedside lamp

Replaceable halogen lamp



The Wake-up Light makes use of a replaceable halogen lamp for natural sunrise simulation.

Independent research



Independent research* shows that 8 out of 10 Wake-up Light users found it easier to get out of bed. MatrixLab BE, NL, D, AT, CH 2011; n=209

Clinically proven



It has been clinically proven that light is a more pleasant way to wake up, and improves the quality of waking up.

Philips expertise



Brought to you by Philips, who has over 100 years of leadership in light therapy technology.

Specifications

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

Comfortable light
- Sunrise simulating process: 30 minute(s)
- Brightness settings: 20
- Dusk simulation: 15 min, 30 min, 45 min, 60 min, 90 min, adjustable
- Light Intensity dimmer: Yes, 20 levels
- Light intensity: 0-250 Lux at 40-50 cm
- Replaceable lamp

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

Sound
- Digital FM radio
- Number of Wake-up Sounds: 3

Easy to use
- Display brightness control: 4 settings
- On/off button
- Number of alarm times: 1
- Snooze button for sound: 9 minute(s)
- Snooze type: Snooze button
- Electricity back-up function: 15 minute(s)
- Anti-slip rubber feet
- In-store demo function

Technical specifications
- Power: 85 W
- Voltage: 230 V
- Frequency: 50 Hz
- Insulation: Class II (double isolation)
- Lifetime of lamps: expected >4.000 hours
- Type of lamps: Philips Halogen Lamp 100 W, 12 V, GY6.35
- Cord length: 200 cm

Weight and dimensions
- Product dimensions: 25.2 (height) x 17.0 (diameter) cm
- Product weight: 1.45 kg
- Box dimensions (W x H x D): 19.5 x 30 x 19 (W x H x D) cm
- Box weight: 1.7 kg

Logistic data
- Country of origin: China
- CTV code: 884347101

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Version: 2.0.1

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* Norden, M.J. et al. Acta Psychiatr Scand, 1993; Gordijn, M. et al. Universiteit van Groningen, 2007