

PHILIPS

Sleep and Wake-Up Light

Somneo

Simulated sunrise and sunset

RelaxBreathe to sleep

Multiple lights and sounds

Midnight light

HF3654/01



The Wake-Up Light that helps you sleep

Fall asleep relaxed & wake up refresh

The Sleep and Wake-Up Light designed to help you relax and wake up refreshed. With light-guided breathing and personalized sun settings. From the sleep experts and makers of the leading global Wake-Up Light sold.

Natural sunrise and sunset simulation

- Simulate a natural sunrise to wake up refreshed
- The Wake-Up Light clinically proven to work

RelaxBreathe: Light-guided wind-down breathing

- Light-guided breathing helps you relax to sleep
- Sunset simulation prepares your body for sleep

Choose your night and morning

- Choose the sound or music you wake up to
- Select the brightness level that's right for you

Designed for style and function

- A soft light to guide you in the dark
- Just tap the top of the product to snooze
- Smart touch display for easy device control
- Modern design adds style to your bedroom



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Highlights

Simulate natural sunrise



The Sleep and Wake Up Light gradually increases before your alarm time. Over the course of 30 minutes, the simulation will start off a soft morning red and gradually increase to orange, until your room is filled with bright yellow light. This creates a natural stimulation to wake up, while your body is still asleep. By the time light has filled the room, natural sounds or FM radio completes your wake up experience, leaving you ready for the day.

With RelaxBreath for sleep



Inspired by well-known breathing and relaxation exercises our light-guided wind-down function is designed to help get you to sleep by helping you decompress from the day's activities and unwind. Follow one of seven rhythms of light intensity or sound with your breathing while keeping your eyes closed for a calm and peaceful transition from your day to your dreams

Sunset simulation to sleep



The sunset simulation program prepares your body to sleep by gradually decreasing light and optional sound to your set duration, gently helping you to relax before you fall asleep.

Multiple sound & music options



Wake up to nature sounds, ambient music or your favorite local FM radio station. At your set wake up time your selected sound will start to play softly, and gradually increase in volume to your pre-set level within a few minutes. The transition from sleep to waking is gentle, but intended to eventually get you fully awake. Connect your mobile device or tablet to the AUX port to turn the light into a speaker.

Multiple brightness settings



Sensitivity to light differs from person to person —a brightness level that could instantly wake you might not budge someone else. Multiple light settings let you choose which intensity level is just right for you. In general, when the brightness is set to a higher light intensity a person needs less time to become fully awake. When you are not sleeping, the wake up light becomes an adjustable bedside or reading light.

Midnight and reading light



When turned on in the middle of the night, the Connected Sleep and Wake Up Light provides a soft light that is just enough to let you find your way in the dark - without jarrign your

senses. The midnight light can be easily activated and de-activated with a few simple taps on the clock.

Tap to snooze



A slight tap on top of the wake-up light sets the snooze mode. After 9 minutes the sound will gently start playing again.



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Design awardIF



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Philips Green Logo

Philips Green Products can reduce costs, energy consumption and CO2 emissions. How? They offer a significant environmental improvement in one or more of the Philips Green Focal Areas – Energy efficiency, Packaging, Hazardous substances, Weight, Recycling and disposal and Lifetime reliability.

Specifications

Easy to use

Anti-slip rubber feet
Number of alarm times: 2
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: No

Weight and dimensions

Product weight: including adapter 0.9 kg
Product dimensions (W x D x H):
282x138x306 mm

Technical specifications

Frequency: 50/60 Hz
Voltage: 100-240 VAC
Cord length: 1.5 m
Power Output Adapter: 18W
Housing back color: Shiny white
Type of lamp: LED

Sound

FM radio
Number of Wake-up Sounds: 7
AUX entry
Number of relaxation sounds: 4

Light

Brightness settings: 25
Light colors: white, orange, yellow, amber
Max Lux level: 315
Sun themes: 1

Safety and Regulations

UV-free
Country of origin: China

