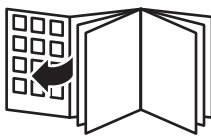


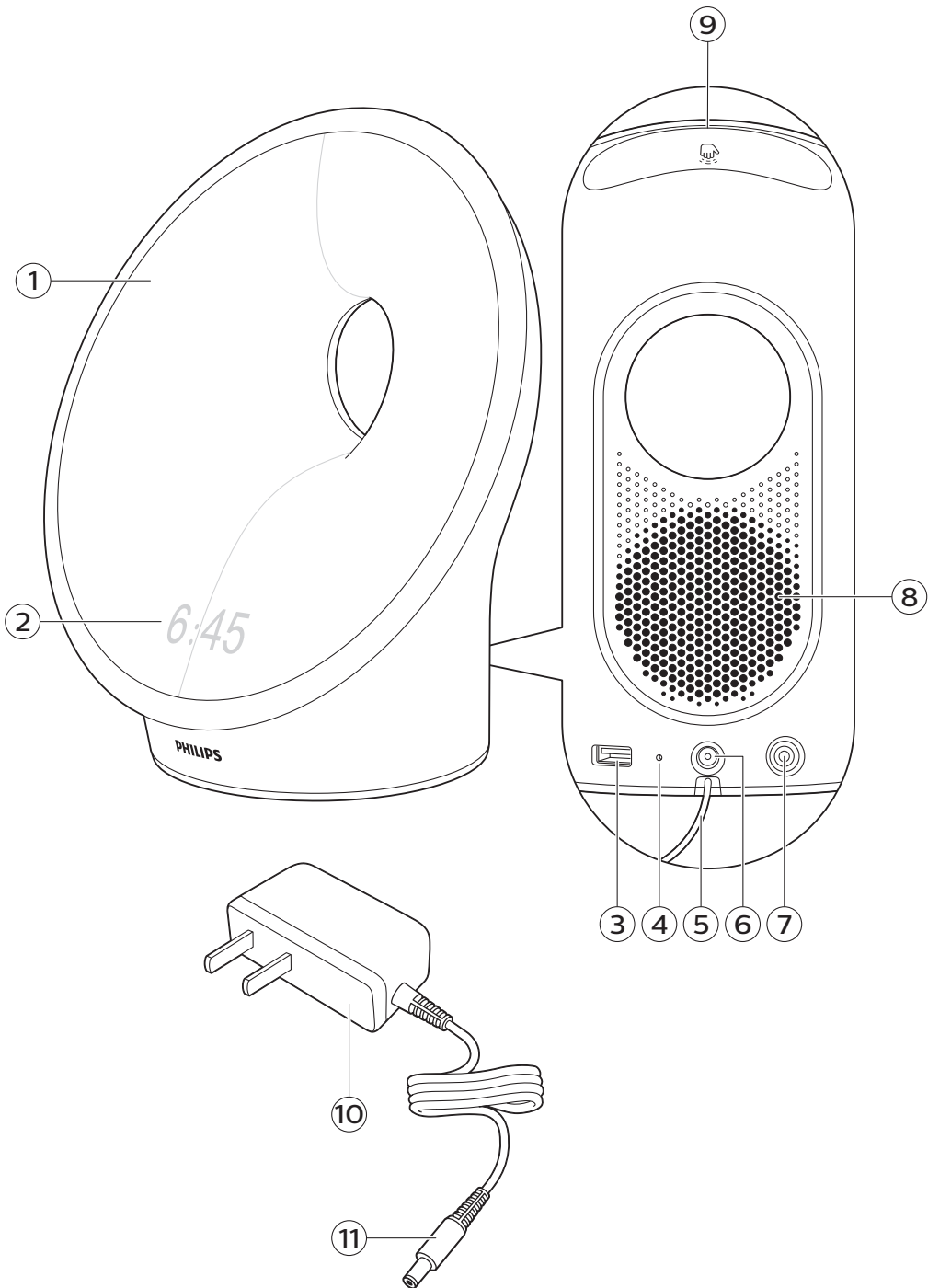
PHILIPS

HF3651





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Introduction

The Philips Sleep & Wake-Up Light helps you wake up more pleasantly. If the Sunrise Simulation is active (default is 30 minutes), the light intensity of the lamp gradually increases to the set level and the light color changes from deep morning red to bright daylight. The light gently prepares your body for waking up at the set time. To make waking up an even more pleasant experience, you can use natural wake-up sounds or the FM radio to wake up to.

General description

- 1 Lamp housing
- 2 Display
- 3 USB charging port
- 4 Reset button
- 5 Radio antenna
- 6 Adapter DC-inlet
- 7 Auxiliary (AUX) input

- 8 Speaker
- 9 Snooze/Midnight Light button
- 10 Adapter
- 11 Small plug

Intended use

The Philips Sleep & Wake-up Light is intended to give you a more natural and refreshed wake up and a relaxed feeling before falling asleep.

This is not a general illumination product.

The effects of the Sleep & Wake-Up Light

The Philips Sleep & Wake-Up Light gently prepares your body for waking up during the last 5 to 40 minutes or last period of sleep, depending on the Sunrise Simulation time you set. In the early morning hours our eyes are more sensitive to light than when we are awake. During that period the relatively low light levels of a simulated natural sunrise prepare our body for waking up and getting alert.

People who use the Sleep & Wake-Up Light wake up more easily, have a better overall mood in the morning and feel more energetic. Because the sensitivity to light differs per person, you can set the light intensity of your Sleep & Wake-Up Light to a level that matches your light sensitivity for an optimal start of the day. For more information about the Sleep & Wake-Up Light, see www.philips.com.

Important safety information

Read this important information carefully before you use the appliance and save it for future reference.

Danger



- Water and electricity are a dangerous combination. Do not use this appliance in wet surroundings (e.g. in the bathroom or near a shower or swimming pool).
- Keep the adapter dry.
- Do not let water run into the appliance or spill water onto the appliance.
- Do not immerse the appliance in water or rinse under the tap.
- Do not place anything close to the appliance that could cause water or any other liquid to drip or splash onto the appliance.
- This appliance is for indoor use only.
- The adapter contains a transformer, which converts an unsafe 100-240Vac mains voltage to a safe 24Vdc low voltage. Do not cut off the adapter to replace it with another plug, as this causes a hazardous situation.

Warning

- Never use the appliance if the lamp housing is damaged, broken or missing.
- If the adapter, cord or appliance has been damaged in any way, liquid has spilled or objects have fallen into and/or onto the appliance, the appliance has been exposed to rain or moisture, does not operate normally or has been dropped or damaged, it should not be operated.
- If you feel uncomfortable at any point while using RelaxBreathe in the breathing exercise, just go back to breathing normally.
- Only use the appliance in combination with the adapter supplied.
- If the adapter (cord) is damaged, always have it replaced with one of the original type in order to avoid a hazard.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Consult your doctor before you start using the appliance if you have suffered from or are suffering from depression.
- Do not use this appliance as a means to reduce your hours of sleep. The purpose of this appliance is to help you wake up more easily. It does not diminish your need for sleep.

Caution

- Check if the voltage indicated on the appliance corresponds to the local voltage before you connect the appliance.
- Protect the power cord from being walked on or pinched, particularly at plugs, wall sockets and points where it exits from the lamp.
- Do not use the adapter in or near wall sockets that contain an electric air freshener to prevent irreparable damage to the adapter.
- Do not drop the appliance on the floor, hit it hard or expose it to other heavy shocks.
- Place the appliance on a stable, level and non-slippery surface.
- Do not impair the cooling of the appliance by covering the appliance with items such as blankets, curtains, clothes, papers, etc.
- Do not use the appliance at room temperatures lower than 10°C or higher than 35°C.
- The appliance has no on/off switch. To disconnect the appliance, remove the adapter from the wall socket. The adapter must remain easily accessible at all times.
- This appliance is only intended for household use, including similar use for instance in hotels.
- No naked flame sources, such as lighted candles, should be placed on the appliance.

General

- If you often wake up too early or with a headache, reduce the set light intensity level and/or the set Sunrise Simulation time.

- If you often wake up by the alarm sound, increase the set light intensity level or the set Sunrise Simulation time.
- If you share a bedroom with someone else, this person may unintentionally wake up from the light of the appliance, even though this person is further removed from the appliance. This phenomenon is the result of differences in light sensitivity between people.
- The power consumption of the appliance is lowest if no device is connected to the USB port and the lamp, radio and display are turned off.

Safety and compliance

This appliance meets national standards in China:

- GB 7000 Luminaires
- GB 8898 Audio, video and similar electronic apparatus
- GB 4943 Information technology equipment

Electromagnetic fields (EMF)

This Philips appliance complies with all applicable standards and regulations regarding exposure to electromagnetic fields.

Display icons



Wake-up profile



Display off



Audio feedback



Wind-down program



Clock time



Sunset simulation



Light intensity and light on/off



RelaxBreathe



Select your language



Radio



Settings



Natural sounds



AUX socket



Sound off



Radio presets*



Alarm



Snooze/Midnight Light



Breathing rhythms

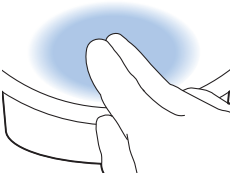


Display

Navigating the menu



On the display you can select and set the wake-up profile, bedside light, settings, sound (source) or the unwind program.



Note: All your personalized settings and profiles will be permanently stored in the memory, they will not be erased by removing the adapter from the electrical outlet. You can change all settings at any time, the last setting will be stored.

Note: If the display is blank, move your hand towards the lower part of the Sleep & Wake-up Light to show the display menu. You will see the menu buttons.

Setting wake-up profiles



In your wake-up profile you can set the alarm time, the maximum light intensity and type of wake-up sound you prefer.

Note: Press and hold the alarm button for 1 second to deactivate all set alarms at once. Activate a deactivated alarm by pressing the icon .

Set wake-up profile



You can set two different wake-up profiles. For each profile you can set the time, light intensity, wake-up curve duration, the type of sound and volume.

Duration of the wake-up profile



The default duration of the wake-up curve (brightness increase to the set maximum light intensity) is 30 minutes. The duration can be changed to your preference.

Light intensity of the wake-up profile



The lamp of the appliance simulates a sunrise. Like a sunrise, the brightness of the lamp increases gradually. During this wake-up curve, the color of the light changes from soft red to warm orange to bright yellow. You can choose one of the 25 light intensity levels.

Note: The main display of the appliance shows if the alarm has been set.

Type of sound



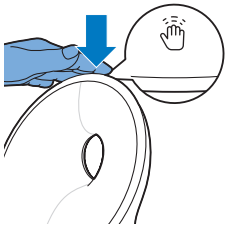
You can choose between three options. Select one of the natural sounds, no sound or the FM radio.

PowerBackUp+

In the event of a power failure, all functions of the appliance, including the display, do not work. However, the internal clock and a back-up alarm remain active for at least 8 more hours.

If during the power failure the set alarm time is due, a back-up alarm goes off generating a beeping sound for approximately 1 minute.

Snoozing



When the wake-up curve has ended (when the set maximum light intensity has been reached) and the alarm sound is playing, you can tap the top of the appliance to snooze.

The lamp stays on, but the sound is muted. After 9 minutes, the alarm sound starts playing again.

Note: The light and sound automatically turn off 60 minutes after the alarm has gone off or 60 minutes after the last snooze action.

Turning the alarm off



When the alarm goes off, you can turn it off by pressing this button. If you turn off the alarm, the alarm profile is deactivated for that day.

Using the Sleep & Wake-Up Light as a bedside lamp

You can use the Sleep & Wake-Up Light as a bedside lamp.

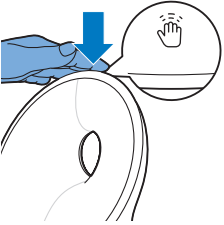


Press the bedside lamp button on the display to switch on the bedside lamp.

Note: You can increase and decrease the brightness intensity. You can select a brightness between 1 (low) to 25 (high). The default brightness setting is 18.

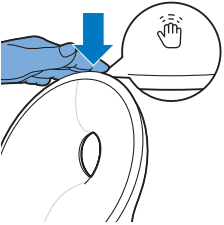


To switch it off press the cross button in the menu.



Tip: When the light is on, you can also turn off the light with a single tap on top of the Sleep & Wake-Up Light. All active programs will stop. Set alarms are still active.

Midnight light



If you wake up during the night, you can tap the top of the appliance to activate a dim light. This dim, subtle orange light provides you with just enough light to find your way in the dark. Switch off the Midnight light by tapping the top of the appliance again.

Note: The Midnight light cannot be activated directly when the main light is already on. In that case, first tap the top of the appliance to deactivate the main light. Then tap again to activate the Midnight light.

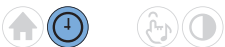
Settings



In this menu, you can adjust the clock time, the audio feedback and the display brightness of the appliance.

Note: Press and hold the settings button for 5 seconds to open a new menu, in which you can select DEMO mode (accelerated wake-up curve) or VERSION (firmware version of the appliance).

Time



You can change the time and switch between a 12-hour clock (AM/PM) and a 24-hour clock by pressing on the toggle button (12/24).

Audio feedback



If you do not want to hear clicks when you press an icon, press the audio feedback icon to turn off the audio feedback. You hear one click as a confirmation. To reactivate the audio feedback, press this icon again.

Display



Display brightness

You can adjust the display brightness from level 1 to level 6. Choose a level that is optimal for you to see the display at night. The appliance automatically adjusts the display brightness when the light in your bedroom changes.



Display on/off

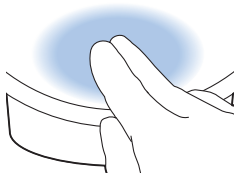
If you do not want the appliance to produce any light (including time indication), you can turn off the display completely by pressing the display button.

Normally, if you do not touch the display for some time in any menu, the display reverts to time and status indication only. When the display is off, no time indication is shown.

Press the crossed-out button to turn on the display again.



Tip: If you want to check the time or select a function while the display is off, just place your hand near the display to turn it on for a few seconds.



Listening to the radio or your own music



Tip: When the radio or music is on, you can turn off the sound with a single tap on top of the Sleep & Wake-Up light. All active programs will stop. Set alarms are still active.

Radio



You can listen to the FM radio with the Sleep & Wake-Up Light. If you have set the radio function in the setup wizard, it shows the selected radio station. You can manually change the radio station by selecting the FM frequency of another radio station.

Tip: Make sure to unwind the antenna fully and move it around until you receive the best reception.



You can preset 5 radio stations. First, select a radio station by setting the the FM frequency. Press and hold the double arrow button to automatically search for the next radio station.



After setting a radio station, you can easily add another preset radio station by selecting the toggle button. With this process, you can preset 5 radio stations.



Set the preferred volume. To save the radio frequency, select the check mark button.

Music via Auxiliary (AUX) inlet



You can use the Sleep & Wake-Up Light as a speaker for music by connecting a music playing device (for instance your mobile phone) to the AUX inlet.

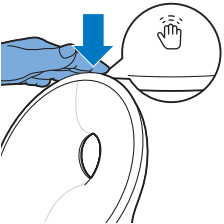
Note: You cannot wake up to music from a device connected to the AUX inlet.

If the sound is not loud enough if you have set the Sleep & Wake-Up Light to maximum volume, increase the volume of your music playing device.

If the sound is too loud or distorted if you have set the Sleep & Wake-Up Light to low volume settings, decrease the volume of your music playing device.

Note: Deactivate the sound by tapping the top of the appliance or by pressing the music note button in the menu for 1 second.

Note: You need an AUX cable to connect the Sleep & Wake-Up Light to a music playing device.



Wind-down programs



The appliance features two wind-down programs to help you relax before you fall asleep.



Note: You can deactivate the active wind-down program by tapping the top of the appliance.

Sunset Simulation



During the Sunset Simulation, the brightness of the light decreases gradually with colors changing from bright yellow to warm orange to soft red. You can set the duration and light intensity to start with.

During the Sunset Simulation you also can select a sound to fade away, accompanying the Sunset Simulation. You can set the source and the volume to start with. You can either choose a natural sound, radio or no sound. You can also play your own music by connecting a music playing device to the AUX socket.

Note: If you have set your Sunset Simulation in the setup wizard, it will start immediately. If you have not set the wake-up profile the Sleep & Wake-Up Light starts with a default Sunset Simulation.

RelaxBreathe



RelaxBreathe uses the belly breathing technique as a basis for the breathing program. You can choose one of the breathing programs, guided by light or sound. The combination of the belly breathing exercise and the guidance of the Sleep & Wake-Up Light helps you slow down and feel relaxed.

Belly breathing for relaxation

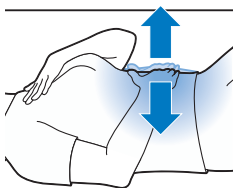
Belly breathing is the most recognized breathing exercise technique to help people relax. When you breathe from your belly, your diaphragm pulls down automatically. This pulls down your lungs and allows you to inhale fully and deeply.

Caution: If you feel uncomfortable at any point during this breathing exercise, just go back to breathing normally.

How to do belly breathing

- 1 Lie down comfortably on your back.
- 2 Inhale through your nose, exhale through your nose or mouth.
- 3 Place one hand on your stomach and your other hand on your chest. You should see your hand on your stomach move up with each inhale and move down with each exhale. The hand on your chest should only move slightly.
- 4 Your breath should only come from your belly. Try to make your exhale longer than your inhale as this will quickly make you feel more relaxed.

Note: The RelaxBreathe function of the appliance can guide you during belly breathing.





You can select one of seven relaxation programs with preset breathing rhythms. Each relaxation program has a different breathing rhythm. The program '4 breaths' is preset to 4 breaths per minute. Program '5 breaths' is preset to 5 breaths per minute. Each next program has one additional breath per minute. The last program (10 breaths) is preset to 10 breaths per minute.



You can select light or sound to guide you during the selected relaxation program. Follow the light or sound when you inhale and exhale.

- For guidance with light, inhale when the light intensity increases. In between the two subtle light flashes, hold your breath. Exhale slowly when the light intensity decreases.
- For guidance with sound, inhale when the intensity of the sound of the waves increases. When the intensity of the sound pauses, hold your breath. Slowly exhale when the intensity of the sound of the waves decreases.

Follow your preferred rhythm with the help of light or sound for a more relaxed feeling. You can even do this with your eyes closed.

Charging your USB device

You can use the USB port (see 'General description') to charge your USB device (max 1000 mA).

Cleaning and storage

- Clean the appliance with a soft cloth.
- Do not use abrasive cleaning agents, pads or cleaning solvents like alcohol, acetone, etc., as this may damage the surface of the appliance.
- If you are not going to use the appliance for an extended period of time, remove the adapter from the wall socket and store the appliance in a safe, dry location where it will not be crushed, banged, or subject to damage.
- Do not wrap the power cord around the appliance when storing it.

Recycling

- Do not throw away the product with the normal household waste at the end of its life, but hand it in at an official collection point for recycling. By doing this, you help to preserve the environment.
- Follow your country's rules for the separate collection of electrical and electronic products. Correct disposal helps prevent negative consequences for the environment and human health.

Accessories and spare parts

- This appliance has no user-serviceable parts inside.
- The light source of this luminaire is not replaceable; when the light source reaches its end of life the whole luminaire shall be replaced.

- To buy accessories or spare parts, visit www.philips.com or go to your Philips dealer. You can also contact the Philips Consumer Care Center in your country (see the international warranty leaflet for contact details).

The following accessory is available:

- Adapter HF20 CN-version:code 3000 038 90611.

Warranty and support

If you need information or support, please visit www.philips.com or read the international warranty leaflet.

Troubleshooting

This chapter summarizes the most common problems you could encounter with the appliance. If you are unable to solve the problem with the information below, visit www.philips.com for a list of frequently asked questions or contact the Consumer Care Center in your country.

Problem	Solution
The appliance does not work at all.	Perhaps the adapter is not inserted properly in the wall socket. Insert the adapter properly in the wall socket.
	Perhaps the plug is not inserted properly in the appliance. Insert the plug properly in the appliance.
	Perhaps there is a power failure. Check if the power supply works by connecting another appliance.
The appliance functions properly, but the lamp does not work anymore.	The appliance uses durable LED technology. The lamp should last a long time. However, if the lamp stops working, go to www.philips.com or contact the consumer care center.
The appliance does not respond when I try to set different functions.	If you want to go back to factory settings, press the reset button on the back of the appliance (see 'General description'). If you press the reset button, the setup wizard needs to be set again.
The lamp does not go on when the alarm goes off.	Perhaps you set a light intensity level that is too low. Increase the light intensity level in your wake-up profile (see 'Light intensity of the wake-up profile').
	Perhaps you turned off the alarm function. The alarm icon is visible on the display when the alarm function is active (see 'Set wake-up profile').
The lamp does not go on right away when I switch it on.	It may take between 1 to 5 seconds for the lamp to switch on, depending on the set light intensity level.
I do not hear the alarm sound when the alarm goes off.	Perhaps you set a sound level that is too low. To set a higher sound level, increase the volume level of the wake-up sound in your wake-up profile (see 'Setting wake-up profiles').

Problem**Solution**

When you have set an alarm, you will first see the light of the wake up curve. The alarm sound only starts playing when the set alarm time is reached. You can change the duration of the wake up light curve (see 'Duration of the wake-up profile').

Perhaps you turned off the alarm function. The alarm icon is visible on the display when the alarm function is active.

If you selected the FM radio as the alarm sound, turn on the FM radio* after you turn off the alarm to check if the FM radio works.
Check if your FM radio is correctly tuned to a radio station. If necessary, adjust the frequency. If it does not work, call 4008-800-008 for assistance.

The FM radio does not work.

Perhaps you set the volume too low. Increase the volume level.

Check if your FM radio is correctly tuned to a radio station. If necessary, adjust the frequency.

Change the position of the antenna by moving it around. Make sure you have unwound the antenna completely.

Contact the consumer care center in your country.

The FM radio produces a crackling sound.

Perhaps the broadcast signal is weak. Adjust the frequency and/or change the position of the antenna by moving it around. Make sure you have unwound the antenna completely.

The alarm went off yesterday, but it did not go off today.

Perhaps you turned off the alarm function. The alarm icon is visible on the display when the alarm function is active.

Perhaps you set a volume level and/or light intensity level that is too low. Set a higher volume and/or light intensity level in your wake-up profile (see 'Setting wake-up profiles').

When there has been a power failure, the clock time will keep on running up to 8 hours. Perhaps the power failure lasted longer. In this case, you have to set the clock time again.

I wanted to snooze, but the alarm did not go off again after 9 minutes.

Tap on the top of the Sleep and Wake-up light to snooze. If you press the button to dismiss the alarm (see 'Set wake-up profile'), the alarm profile is deactivated for that day.

The light wakes me too early.

Perhaps the light intensity level you have set is not appropriate for you. Try a lower light intensity level if you wake up too early. You can also change the duration of the wake-up curve (see 'Setting wake-up profiles'). If light intensity 1 is not low enough, move the appliance further away from the bed.

The light wakes me too late.

Perhaps the light intensity you have set is too low. Select a higher light intensity (see 'Light intensity of the wake-up profile'). Perhaps the appliance is positioned at a lower level than your head. Make sure the appliance is located at a height at which the light is not blocked by your bed, comforter, blanket or pillow. Also make sure the appliance is not placed too far away.

Problem	Solution
I am unable to turn the Midnight Light function on/ off.	Make sure you tap on the correct position (top/back) of the appliance.
I am unable to stream music via USB.	The USB connection is only for charging your USB device. You are not able to stream music to the Sleep & Wake-up light.
The aux inlet doesn't work properly.	Try to set the volume on your mobile phone either higher or lower. If necessary, adjust the volume level on the appliance as well.
Suddenly the device makes a beeping sound.	The backup alarm went off. This can happen up to 12 hours after you have removed the power (adapter) and a set alarm time is due. The alarm sound stops automatically after approximately 1 minute. You also can stop the alarm sound immediately if you power up the device for a brief moment. To prevent the back-up alarm to go off when the power is removed (e.g. storage) just have the alarms disabled prior to powering down.

Specifications

Model	HF3651
Rated input voltage adapter	100-240V~
Rated input frequency adapter	50/60Hz
No-load power adapter	<0.1W
Rated output voltage adapter	24V---
Rated output power adapter	18W
Average Standby Power appliance Condition: (All functions suspended, ambient light scenario; day 12 hours 500 lux and night 12hours, 0 lux) display at maximum brightness setting / display off	<0.5W / <0.25W
USB charging port	5V, 1000mA
AUX sensitivity	280mV
Nominal light output (level 1 - 25)	1 ~ 350 lux at 45cm
Nominal light color (level 1 - 25)	1500-2800K
Physical characteristics	
Dimensions (height x width x Depth)	22.5 x 22.0 x 12.0cm
Weight main unit / adapter	Approx 0.77kg / 0.14kg
Cord length adapter	180cm
Classification	

20 English

Main unit	Luminaire
Adapter	Class 2 power supply
Mode of operation	Continuous

Operating conditions

Temperature	+5°C to +35°C
Relative humidity	15% to 90% (no condensation)

FM

Operating frequency	87.5 MHz - 108.0 MHz
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Storage conditions

Temperature	-20°C to +50°C
Relative humidity	15% to 90% (no condensation)

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说明

飞利浦安睡晨醒灯可帮助您在清晨自然愉悦地醒来。在“日出模拟”模式（默认为 30 分钟）下，灯具的光线强度会逐渐增加至设定的水平，灯光颜色也会由晨光般的深红色逐渐过渡至明亮的日光色。轻柔催唤您的身体，让您准时在设定的时间醒来。此外，还有自然唤醒声、FM 收音机等可供选择，为您提供更加愉悦的晨醒体验。

基本说明

- 1 灯罩
- 2 显示屏
- 3 USB 充电端口
- 4 重置按钮
- 5 收音机天线
- 6 适配器直流插孔
- 7 音频输入插孔
- 8 扬声器
- 9 小睡催醒按钮/午夜灯按钮
- 10 适配器
- 11 小插头

适合用途

飞利浦安睡晨醒灯旨在为您提供更加自然、神清气爽的晨醒体验，并可营造轻松舒适的睡眠氛围，帮助您怡然入睡。本产品并不属于一般照明产品。

安睡晨醒灯的功效

飞利浦安睡晨醒灯会提早 5 到 40 分钟或者在睡眠的最后阶段轻柔地催唤您的身体，让其做好起床的准备，具体时长取决于您所设定的“日出模拟”时间。清晨睡梦中，眼睛对光线的敏感度比醒来后更高。针对这一时期，本产品会采用模拟自然日出的低强度灯光轻柔地催唤身体，让其做好醒来和起床的准备。

借助安睡晨醒灯，您可以在清晨更轻松地醒来，拥有绝佳状态，开启精力充沛的一天。由于每个人对光线的敏感度都不尽相同，您可以根据自身对光线的敏感度设置安睡晨醒灯的光线强度，从而达到最佳效果，以优异的状态开启新的一天。有关安睡晨醒灯的更多信息，请访 www.philips.com 查看。

重要安全信息

使用产品之前，请仔细阅读本重要信息，并妥善保管以供日后参考。

危险



- 水与电接触极其危险。请勿在潮湿的环境中（如卫生间中，淋浴室或泳池旁边）使用本产品。
- 保持电源部件干燥。
- 请勿让水进入产品中或溅到产品表面。
- 请勿将本产品浸入水中，也不要将其放在水龙头下冲洗。
- 请勿将任何可导致水或任何其他液体滴溅到产品上的物品靠近产品。
- 本产品仅限于室内使用。
- 适配器包含一个变压器，可将不安全的 100-240 伏交流电源电压转化为安全的 24 伏直流低电压。请勿剪下适配器并更换为其他插头，否则将导致严重后果。

警告

- 如果灯罩已损坏、破损或丢失，请勿使用本产品。
- 如果适配器、电线或产品以任何方式发生损坏，有液体溅入和/或溅到产品上，或者有物体落入和/或落到产品上，产品淋雨或受潮、无法正常工作或者发生跌落或损坏，请勿使用本产品。
- 如果您在使用 舒缓呼吸 进行呼吸练习的任一时刻出现不适感，请恢复至正常呼吸。
- 此产品只能与随附的电源适配器搭配使用。
- 如果适配器（电线）发生损坏，请务必使用原装型号的适配器进行更换，以免发生危险。
- 产品不建议由有肢体、感官或精神能力缺陷或缺少使用经验和知识的人（包括儿童）使用，除非有负责他们安全的人对他们进行与产品使用有关的监督或指导。
- 如果您曾经患过或现在患有抑郁症，请在开始使用本产品前咨询您的医生。
- 请勿将本产品用作缩短睡眠的一种工具。本产品的用途是帮助您更轻松地醒来。并不能减少您对睡眠的需求。

注意

- 将产品接入电源之前，请先检查产品所标电压与当地的电压是否相符。
- 防止电源线被踩踏或挤夹，特别是在插头、电源插座和灯具电源线出口位置。

- 请勿在包含电动空气清新器的电源插座的上面或周围使用适配器，否则适配器将受到不可修复的损坏。
- 请勿将产品跌落到地板上，用力砸产品或使其受到其他剧烈震动。
- 应将本产品放置在稳固、平坦、防滑的表面上。
- 不要用毯子、窗帘、衣服、纸张等物品盖住本产品，以免影响产品的冷却。
- 请勿在室温低于 10°C 或高于 35°C 的房间使用。
- 本产品没有电源开关。要断开产品的电源，请从电源插座上拔出适配器。适配器必须始终易于插拔。
- 本产品仅限家用，包括在类似场合（如酒店）中进行使用。
- 不得在本产品上放置明火源，如点燃的蜡烛。

概述

- 如果您经常醒得过早或者在醒来时伴有头痛，可降低设定的光线强度级别和/或缩短所设定的日出模拟时间。
- 如果您经常由闹钟声唤醒，则可调高设定的光线强度级别，或者延长设定的日出模拟时间。
- 如果您与他人共用一个卧室，则本产品发出的灯光可能会无意中将其唤醒，即便此人距离本产品较远。这是由于人与人对光线的敏感度不同造成的。
- 如果 USB 端口上没有连接其他设备且灯具、收音机和显示屏均已关闭，则此时产品的功耗最低。

安全性和合规性

本产品符合以下各项国标的安全要求：

- GB 7000 灯具
- GB 8898 音频、视频及类似电子设备
- GB 4943 信息技术设备

电磁场 (EMF)

本 Philips 产品符合所有有关暴露于电磁场的适用标准和法规。

显示图标

	唤醒模式		显示屏关闭
	音频反馈		放松程序
	时钟时间		日落模拟
	光线强度和灯具开/关		舒缓呼吸
	选择您的语言		收音机
	设置		自然音效
	AUX 插孔		声音关闭
	收音机预设*		闹钟
	小睡/午夜灯		呼吸节律
	显示屏		

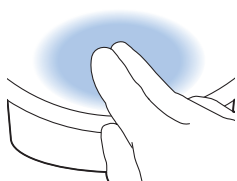
浏览菜单



在显示屏上，您可以选择和设定唤醒模式、床头灯、设置、声音（来源）或放松程序。

注意： 所有个性化设置和模式将永久存储在内存中，从电源插座上拔下适配器并不会将其删除。您可以随时更改所有设置，系统将存储最后的设置。


注意： 如果显示屏上无内容，请用手指触摸助眠和唤醒灯的下部，使其显示出显示屏菜单。您将看到菜单按钮。



设置唤醒模式



在唤醒模式中，您可以设置闹铃时间、最大光线强度以及您喜欢的唤醒声类型。

注意：按住闹钟按钮 1 秒钟可立即禁用设定的所有闹钟。按图标  可激活禁用的闹钟。

设置唤醒模式



您可以设置两种不同的唤醒模式。对于每种模式，您可以设置时间、光线强度、渐变唤醒光照持续时间、声音类型和音量。

唤醒模式的持续时间



渐变唤醒光照（亮度增加到设定的最大光线强度）的默认持续时间为 30 分钟。可根据您的喜好更改此持续时间。

唤醒模式的光线强度



本产品的灯可模拟日出。像日出一样，灯的亮度逐渐增加。在此渐变唤醒光照期间，灯光的颜色从柔红色变为暖橙色，然后变为亮黄色。您可以从 25 个光线强度级别中选择一个。

注意：本产品的主显示屏会显示是否已设置闹钟。

声音类型



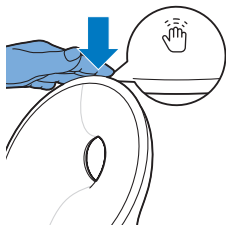
有三个选项可供选择。您可以从自然音效、无声音或 FM 收音机中选择一项。

断电备用闹钟

如果断电，产品的所有功能（包括显示屏）将无法使用。不过，内部时钟和备用闹钟至少仍能工作 8 个小时。

如果在断电期间，所设定的闹铃时间到期，则备用闹钟将会响铃，发出大约 1 分钟的蜂鸣音。

小睡



当渐变唤醒光照结束（达到设定的最大光线强度）且闹钟响铃时，您可以轻按产品顶部，然后再小睡一会。

灯会持续亮起，但声音消失。9 分钟后，闹铃会再次响起。

注意：闹铃响起 60 分钟后，或者最后一次轻按小睡催醒按钮 60 分钟后，灯光和声音会自动关闭。

关闭闹钟



当闹钟响铃时，您可以按此按钮关闭闹钟。如果您关闭闹钟，那么当天会禁用闹钟模式。

将安睡晨醒灯用作床头灯



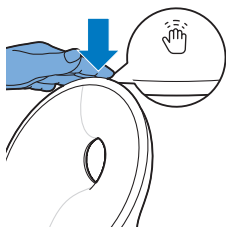
您可以将安睡晨醒灯用作床头灯。

按显示屏上的床头灯按钮可以打开床头灯。

注意：您可以增大和减小亮度。您可以选择 1（低）至 25（高）之间的亮度。默认亮度设置为 18。

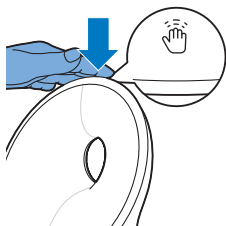


要将其关闭，请按菜单中的叉号按钮。



提示：当灯亮起时，您也可以轻按一下助眠和唤醒灯的顶部将其关闭。所有活动程序都将停止。设置的闹钟仍处于活动状态。

午夜灯



如果您在夜间醒来，可以轻按产品顶部以激活暗光灯。这种微弱的橙色灯光所提供的光线强度刚好足以让您再黑暗中看清道路。再次轻按产品顶部可以关闭午夜灯。

注意：当主灯已经打开时，无法直接激活午夜灯。在这种情况下，先轻按产品顶部以禁用主灯。然后再次轻按以激活午夜灯。

设置



在此菜单中，您可以调整产品的时钟时间、音频反馈和显示屏亮度。

注意：按住设置按钮 5 秒钟可以打开新菜单，您可以在其中选择演示模式（加速的渐变唤醒光照）或版本（产品的固件版本）。

时间



12
24

您可以更改时间，并且可以通过按切换按钮 (12/24) 在 12 小时制 (AM/PM) 和 24 小时制之间切换。

音频反馈



如果您不想在按图标时听到咔哒声，请按音频反馈图标以关闭音频反馈。您会听到“咔哒”一声予以确认。要重新激活音频反馈，请再次按此图标。

显示屏



显示屏亮度

您可以在 1 级至 6 级之间调节显示屏亮度。请选择最适合夜间看清显示屏的亮度级别。当卧室中的灯光发生变化时，产品会自动调节显示屏亮度。



显示屏开/关

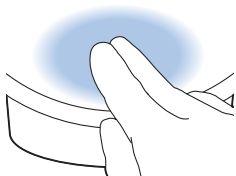
如果您不希望产品产生任何光线（包括时间指示），可以按显示按钮彻底关闭显示屏。

通常，如果有一段时间您在任何菜单中都没有轻触显示屏，那么显示屏将恢复为仅显示时间和状态指示。显示屏关闭时，不会显示任何时间指示。

按带斜划线的按钮可再次打开显示屏。



提示：如果要在显示屏关闭的情况下查看时间或选择功能，只需将手靠近显示屏即可将其打开几秒钟。



听收音机或自己的音乐



提示：当收音机或音乐打开时，您也可以轻按一下助眠和唤醒灯的顶部关闭声音。所有活动程序都将停止。设置的闹钟仍处于活动状态。

收音机



您可以使用助眠和唤醒灯听 FM 收音机。如果已在设置向导中设置了收音机功能，则会显示所选的广播电台。您可以通过选择其他广播电台的 FM 频率来手动更改广播电台。

提示：请务必完全展开天线并四处移动，直至获得最佳接收效果。



您可以预设 5 个广播电台。首先，通过设置 FM 频率选择广播电台。按住双箭头按钮可自动搜索下一个广播电台。



设置广播电台后，您可以选择切换按钮轻松添加其他预设的广播电台。通过此过程，您可以预设 5 个广播电台。



设置首选音量。要保存无线电频率，请选择勾号按钮。

音频输入插孔（辅助AUX插孔）



通过将音乐播放设备（例如手机）连接到 AUX 插孔，您可以将安睡晨醒灯用作音乐扬声器。

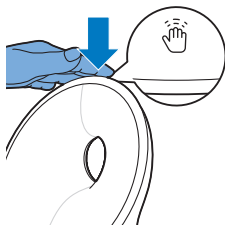
注意： 连接到 AUX 插孔的设备所提供的音乐无法用作唤醒音乐。

如果您将安睡晨醒灯调至最大音量后，声音仍不够响亮，请调高音乐播放设备的音量。

如果您将安睡晨醒灯调至最低音量后，声音还是过于响亮或失真，请调低音乐播放设备的音量。

注意： 轻按产品顶部或按菜单中的音符按钮 1 秒钟即可禁用声音。

注意： 您需要使用 AUX 缆线将助眠和唤醒灯连接到音乐播放设备。



放松程序



本产品具有两种放松程序，可帮助您在入睡前放松。

注意： 您可以轻按产品顶部来停用处于活动状态的放松程序。



日落模拟



在日落模拟过程中，光线的亮度会逐渐减小，颜色从亮黄色变为暖橙色，然后变为柔红色。您可以设置持续时间以及起初的光线强度。

在日落模拟期间，您还可以选择一种声音，伴随日落模拟逐渐消失。您可以设置声音的来源以及起初的音量。您可以选择自然音效、收音机或无声音。您还可以将音乐播放设备连接到 AUX 插孔来播放自己的音乐。

注意： 如果您在设置向导中设置了日落模拟，则该模式可即刻启动。如果您尚未设置唤醒模式，则助眠和唤醒灯将以默认の日落模拟方式启动。

舒缓呼吸



舒缓呼吸 以腹式呼吸法为基础开展呼吸程序。呼吸程序伴随光或声音为指导，您可以选择其中一种进行练习。在助眠和唤醒灯的指导下进行腹式呼吸练习，可帮助您慢下来，静下来，赋予您满满的轻松感。

进行腹式呼吸，放松身心

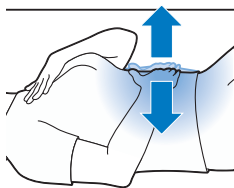
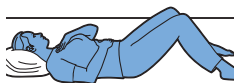
腹式呼吸是一种广为认可的呼吸练习法，可帮助人体进行有效放松。当您通过腹部呼吸时，您的横膈膜会自动下拉。这会使肺部下移，从而帮助您更加完全深入地吸气。

警告： 如果您在进行此呼吸练习的任一时刻出现不适感，请恢复至正常呼吸。

腹式呼吸的练习方法

- 1 以舒适的姿势仰面躺下。
- 2 通过鼻子吸气，通过鼻子或嘴呼气。
- 3 将一只手放在胃部，另一只手放在胸前。
您会看到放在胃部的手在每次吸气时会向上移动，每次呼吸时向下移动。放在胸部的手只会稍微移动。
- 4 应仅依靠腹部力量进行呼吸。尽量让呼气时间比吸气时间长，因为这可快速让您感觉更为放松。

注意： 本产品的 舒缓呼吸 功能可在腹式呼吸期间为您提供指导。





您可以从七种具有预设呼吸节律的放松程序中选择一种。每个放松程序都有不同的呼吸节律。程序“4次呼吸”预设为每分钟4次呼吸。程序“5次呼吸”预设为每分钟5次呼吸。每个下一个程序每分钟都增加一次呼吸。最后一个程序（10次呼吸）预设为每分钟10次呼吸。



您可以选择使用灯光或声音为您在进行选定的放松程序练习期间提供指导。跟随灯光或声音的提示进行吸气和呼气。

- 在采用灯光作为指导时，光线强度增加时进行吸气。在两次微妙的闪光期间，屏住呼吸。当光线强度减小时，缓慢呼气。
- 在采用声音作为指导时，涛声强度增加时吸气。当声音强度停止变化时，屏住呼吸。当涛声强度减弱时，缓慢呼气。

在光线或声音的帮助下，按照自己喜欢的节律呼吸，享受轻松的感觉。您甚至可以闭目进行练习。

为USB设备充电

您可以使用 USB 端口 (请参见 '基本说明') 为您的USB设备充电 (最大 1000 毫安)。

清洁和存放

- 用软布清洁本产品。
- 请勿使用腐蚀性清洁剂、钢丝绒或酒精、丙酮等清洁溶剂，因为这样可能会损坏产品的表面。
- 如果打算长时间不使用本产品，请从电源插座中拔下适配器，并将本产品存放在安全、干燥、不会被挤压、撞击或损坏的地方。
- 存放时，请勿将电源线缠绕在产品周围。

回收

- 弃置本产品时，请不要将其与一般生活垃圾放在一起，应将其交给政府指定的回收中心。这样做将有利于环保。
- 请遵守您所在国家/地区的电器和电子产品专门回收规定。正确处置废弃产品有助于避免对环境 and 人类健康造成不良后果。

产品中有害物质的名称及含量						
部件名称	有害物质					
	铅 (Pb)	汞 (Hg)	镉 (Cd)	六价铬 (Cr (VI))	多溴联苯 (PBB)	多溴二苯醚 (PBDE)
LED控制装置/电源适配器	X	O	O	O	O	O
电路板组件	X	O	O	O	O	O
塑胶外壳	O	O	O	O	O	O

本表格依据SJ/T 11364 的规定编制。
O: 表示该有害物质在该部件所有均质材料中的含量均在GB/T 26572规定的限量要求以下。
X: 表示该有害物质至少在该部件的某一均质材料中的含量超出GB/T 26572规定的限量要求。

附件和备件

- 本产品内部没有任何用户可维修的零部件。
- 该灯具的光源不可更换；当光源达到其使用寿命时，应更换整个灯具。
- 如需购买附件或备件，请访问 www.philips.com 或联系您的飞利浦经销商。您还可以联系所在国家/地区的飞利浦客户服务中心（请参阅保修卡了解详细联系信息）。

可选配以下附件：

适配器 HF20 CN 版：代码 3000 038 90611

保修和支持

如需信息或支持，请访问 www.philips.com 或阅读保修卡。

故障处理方法

本章归纳了使用本产品时最常见的一些问题。如果您无法根据以下信息解决问题，请访问 www.philips.com 查阅常见问题列表，或联系您所在国家/地区的客户服务中心。

问题	解决方法
产品完全无法工作。	可能是适配器没有正确插入电源插座。请将适配器正确插入电源插座。
	可能是插头没有正确插到产品上。请将插头正确地插到产品上。
	可能存在电源故障。连接另一产品，检查是否正常供电。

问题	解决方法
产品功能正常，但是灯不能继续工作。	本产品采用耐用的 LED 技术。这类灯具持久耐用。如果该灯停止工作，请访问 www.philips.com 或者联系客户服务中心。
设置其它功能时，产品无反应。	如果您想要恢复为出厂设置，请按产品背面上的重置按钮（请参见‘基本说明’）。如果按下重置按钮，则需要再次设定设置向导。
当闹钟响铃时，灯不亮。	可能是您设置的光线亮度级别太低。在唤醒模式中增加光线强度级别（请参见‘唤醒模式的光线强度’）。 可能是您关闭了闹钟功能。当闹钟功能处于活动状态时，可在显示屏上看到闹钟图标（请参见‘设置唤醒模式’）。
开灯时，灯不能立即亮起。	灯开启可能需要 1 至 5 秒钟，具体取决于所设定的光线强度级别。
当闹钟响铃时，没有听到闹钟声。	可能是您设置的音量太低。要调高音量级别，请在唤醒模式中调高唤醒声音的音量级别（请参见‘设置唤醒模式’）。 设置闹钟后，您将首先看到渐变唤醒光照逐渐亮起。仅当达到设置的闹铃时间时，才会响起闹钟铃声。您可以调整渐变唤醒光照的持续时间（请参见‘唤醒模式的持续时间’）。 可能是您关闭了闹钟功能。当闹钟功能处于活动状态时，可在显示屏上看到闹钟图标。
FM 收音机无法工作。	如果您选择了 FM 广播作为闹钟铃声，请在关闭闹钟后打开 FM 收音机以检查 FM 收音机是否正常工作。 检查 FM 收音机是否已正确调谐到广播电台。如有必要，请调节频率。如果收音机无法工作，请致电 4008-800-008 寻求帮助。
	可能是您将音量设置得太低。请增大音量。 检查 FM 收音机是否已正确调谐到广播电台。如有必要，请调节频率。
	四处移动天线来改变天线的位置。请确保您已完全展开天线。
	联系您所在国家/地区的客户服务中心。
FM 收音机出现杂音。	可能是由于广播信号较弱。请调节频率和/或朝四周移动天线以更改其位置。请确保您已完全展开天线。

问题	解决方法
闹钟在昨天响铃了，但是今天没响。	可能是您关闭了闹钟功能。当闹钟功能处于活动状态时，可在显示屏上看到闹钟图标。
	可能是您设置的音量级别和/或光线强度太低。在唤醒模式中调高音量和/或光线强度的级别(请参见‘设置唤醒模式’)。
	在断电的情况下，闹钟仍可持续运行 8 个小时。那么可能是断电时间过长造成的。在这种情况下，您必须再次设置闹钟时间。
我想小睡一会，但是闹钟在 9 分钟后未再响起。	轻按助眠和唤醒灯的顶部可进行小睡。但是，如果您按下了关闭闹钟的按钮(请参见‘设置唤醒模式’)，则会禁用当天的闹钟模式。
灯光将我唤醒得太早。	可能是您设置的光线强度级别不适合您。如果醒来过早，请使用较低的光线强度级别。您还可以调整渐变唤醒照明的持续时间(请参见‘设置唤醒模式’)。如果光线强度 1 仍过强，请将产品离床再远一点。
灯光将我唤醒得太晚。	可能是您设置的光线强度太低。请选择更高的光线强度(请参见‘唤醒模式的光线强度’)。可能是产品位于您头部以下的位置。请确保产品高度合适，灯光不会被床、被子、毯子或枕头挡住。还要确保产品不要放得太远。
我无法打开/关闭午夜灯功能。	确保轻按产品的正确位置(顶部/背面)。
我无法通过 USB 传输音乐。	USB 连接仅用于为 USB 设备充电。您无法将音乐传输到飞利浦安睡晨醒灯。
AUX 插孔无法正常工作。	请尝试调高或调低手机的音量。如有必要，也调节产品上的音量。
设备突然发出蜂鸣音。	此为备用闹钟响铃。断开电源(适配器)长达 12 个小时且设定的闹铃时间到期时会出现这一情况。大约 1 分钟后，闹铃声会自动停止。给设备短暂充电，也可使闹铃声立刻停止。为了防止断电后(例如存放时)备用闹钟响铃，只需在断电前禁用闹钟即可。

规格

型号

HF3651

36 简体中文

适配器额定输入电压	100-240V~
适配器额定输入频率	50/60Hz
空载电源适配器	<0.1W
适配器额定输出电压	24V=
电源适配器额定输出功率	18W
产品平均待机功耗 条件：（所有功能都暂停，环境光线状况：白天 12 hours, 500 lux；夜晚 12 hours, 0 lux） 显示屏处于最大亮度设置/显示屏关闭	<0.5W / <0.25W
USB 充电端口	5V, 1000mA
AUX 输入灵敏度	280mV
额定光输出（级别 1-25）	45cm 处为 1 lux ~ 350 lux
额定光色（级别 1-25）	1500-2800K
物理特性	
尺寸（高 x 宽 x 深）	22.5 x 22.0 x 12.0 厘米
主装置/适配器重量	约 0.77kg / 0.14 千克
适配器电线长度	180 厘米
分类	
主装置	灯具
适配器	2 类电源
操作模式	连续操作
运行条件	
温度	+5 °C 至 +35 °C
相对湿度	15% 至 90% (无冷凝)
FM	
工作频率	87.5 MHz - 108.0 MHz
储存条件	



温度

-20°C 至 +50°C

相对湿度

15% 至 90% (无冷凝)

PHILIPS

产品名称: 飞利浦安睡晨醒灯 
产品型号: HF3651
电源输入: 100-240V ~ 50/60Hz 最大300mA
主机输入: 24V  750mA 18W
照明功率: 6W (光源: 8 × 0.4W/LED + 8 × 0.35W/LED + 8 × 0.25W/LED)
功率因素: 0.4
USB输出: 5V  1A
FM收音机频率范围: 87.5-108.0MHz
生产日期: 请见产品本体
产地: 中国广东东莞

飞利浦(中国)投资有限公司
上海市静安区灵石路718号A1幢
全国顾客服务热线: 4008 800 008

本产品根据国标 GB7000.1-2015, GB7000.204-2008, GB17625.1-2012,
GB/T17743-2017, GB8898-2011, GB4943.1-2011,
GB/T13837-2012及GB/T9254-2008制造

保留备用

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