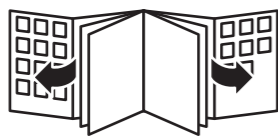


Register your product and get support at

Enregistrez votre produit et obtenez de l'assistance sur le site

www.philips.com/welcome

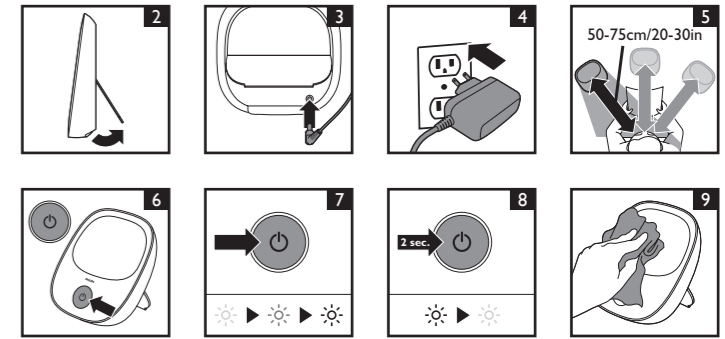
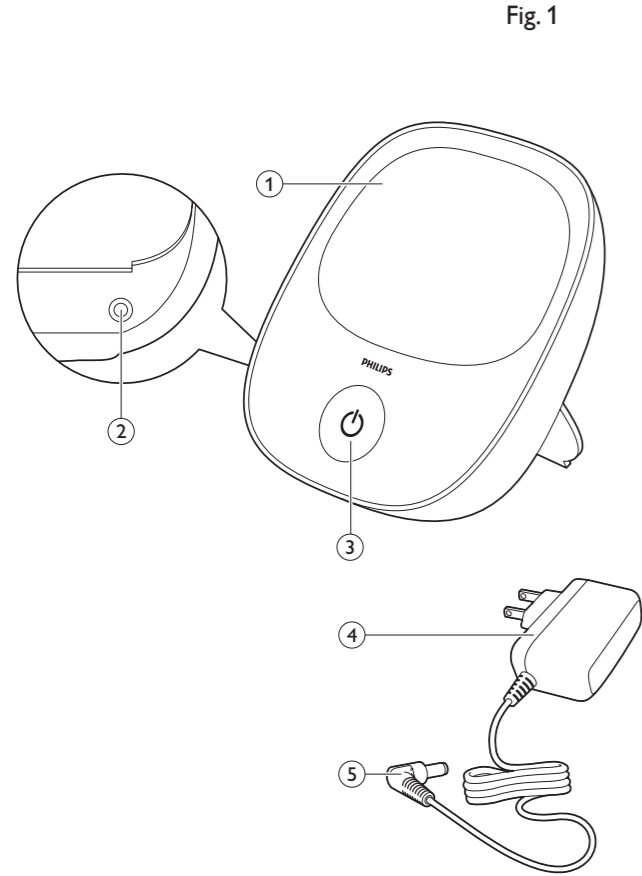
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PHILIPS



IMPORTANT SAFETY INSTRUCTIONS

Read this user manual carefully before you use the appliance and save it for future reference.

WARNING (a warning indicates the possibility of injury to the user or operator)

- 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). Do not immerse appliance in water or any other liquid.
- Check if the voltage indicated on the appliance corresponds to the local voltage before you connect the appliance.
- The adapter contains a transformer. Do not cut off the adapter to replace it with another plug, as this causes a hazardous situation.
- Never use the adapter if it is damaged in any way. Always have the adapter replaced with one of the original type in order to avoid a hazard.
- Never open the appliance to prevent electric shock, finger burns or temporary black spots in the eye.
- If the power cord is damaged, do not use the appliance. Call 1-866-832-4361 for assistance.
- Close supervision is necessary when this appliance is used by, or near children or invalids.
- Children should be supervised to ensure that they do not play with the appliance.
- There are no user-serviceable parts inside the appliance. No modification of this appliance is allowed.
- Never use the appliance if the lamp housing or cover is damaged, broken or missing.

- Do not use the appliance where the light may compromise your or other people's ability to perform essential tasks, such as driving or operating heavy equipment.
- Consult your doctor before you start using the Philips goLITE BLU if:
 - 1 you suffer or have suffered from severe depression;
 - 2 you have an eye condition for which your physician advised you to avoid bright light;
 - 3 you are on specific medication (i.e. certain antidepressants, psychotropic drugs or malaria tablets);

Caution (a caution indicates the possibility of damage to the appliance)

- Always unplug the appliance after use.
- Do not use the appliance outdoors or near heated surfaces or heat sources.
- Place the appliance on a stable, level and non-slippery surface with the stand in place.
- Do not place any object on top of appliance, adapter or cord.
- Do not use the adapter in or near a power outlet that contains an electric air freshener to prevent damage to the adapter.
- When you remove the adapter from the wall outlet, do not pull the cord but grasp the adapter directly to avoid cord damage.
- When you remove the small plug from the appliance socket, do not pull the cord but grasp the small plug to avoid cord damage.
- Use this appliance for its intended household use as described in this manual. Do not use attachments not recommended by Philips Electronics North America Corporation.
- If this appliance is damaged in any way or it is not working, it should not be operated. Please visit philips.com/support or call 1-866-832-4361 for assistance.

Contraindications

The following conditions may be contraindications for use of this appliance:

- bipolar disorder
- recent eye surgery or a diagnosed eye condition for which your physician advised you to avoid bright light
- use of photo-sensitizing medications (e.g. certain antidepressants, psychotropic drugs or malaria tablets) as it might cause side effects (e.g. skin irritation)

If any of the above conditions apply to you, always consult your physician before you start using the appliance.

Possible reactions

Possible adverse reactions to light from this appliance are relatively mild and of a transient nature. They may include:

- Headache
- Eyestrain
- Nausea

Measures to avoid, minimize or alleviate these adverse reactions:

- Always use the appliance in a well-lit room.
- Reduce the light intensity if these reactions occur.
- Stop using the appliance for a few days to make the reactions disappear and then try again.

SAVE THESE INSTRUCTIONS

Safety and compliance

- This appliance meets the requirements in the USA and Canada for portable electric luminaires: UL153, UL8750 and CSA 22.2 no. 12.
- This device complies with the EMC requirements of the USA and Canada: FCC 47 Part 15, ICES-003.
- This is not a general illumination product.

FCC Information

- This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
 - Reorient or relocate the receiving antenna.
 - Increase the separation between the equipment and the receiver.
 - Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
 - Consult the dealer or an experienced radio/TV technician for help.
- This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.
- This Class B digital apparatus complies with Canadian ICES-003.

Introduction

Congratulations on your purchase and welcome to Philips! To benefit fully from the support that Philips offers, register your product at www.philips.com/welcome.

Intended use

The Philips goLITE BLU is intended to make people feel more energetic, to increase alertness, and to provide mood relief from the winter blues. If you suffer from severe mood swings or depression, make sure to consult a professional, and do not use this device for self-treatment. This product has not been approved by FDA for treatment of seasonal affective disorder (SAD).

Light - a natural energizer

Today's busy modern lifestyles demand peak performance all day long. Even the fittest person suffers energy dips, particularly when deprived of natural daylight, such as in an office in winter. Daylight is essential to well-being, keeping fit, and feeling energized throughout the day – just like healthy nutrition and regular exercise. Philips goLITE BLU mimics the natural energizing power of daylight on a bright sunny day. It stimulates special receptors in the eye to trigger the body's natural response to sunlight. This helps you to fight energy dips, to feel more energetic, active and alert, and to improve your mood.

Sleep patterns

The human body uses light cues, such as those provided by the sun, to time certain internal functions. Properly timed rhythms regulate energy, mood, sleep, appetite and digestion. Nature's cues no longer govern our modern lifestyle. Our day no longer starts at sunrise and ends at sunset, and working days are getting longer. Moreover, our activities often extend well into the night. Many people tend to get too little sleep during the week, which diminishes their energy levels during the day. Using goLITE BLU at the right time of day can help you establish and reinforce regular sleep patterns.

Light via eyes

Research shows that a special photoreceptor in our eyes is responsible for regulating our energy, mood and sleep/wake cycles. This receptor responds mostly to the blue light of the summer sky. We do not get much of this light in autumn and winter. Most indoor light does not provide enough of this essential color. This appliance helps you to be at your best by delivering the wavelength, color and intensity of light to which our body responds most efficiently.

Winter blues

Lack of light during the darker winter months causes many people to experience a noticeable drop in energy level and low spirits as fall sets in. These symptoms, known as 'winter blues', may cause you to feel low, listless and fatigued for weeks or even months. This affects both personal performance and mood. Blue light therapy is a successful method to fight these winter blues symptoms. It provides your body with summer vitality throughout the dark winter months.

Features (Fig. 1)

- 1 Light panel
- 2 Socket for small plug
- 3 Control button
- 4 Adapter
- 5 Small plug

Note: Product illustrations are located on the inside of the front and back covers of this instruction booklet.

Using the goLITE BLU

When to use

Knowing at what time to use the goLITE BLU is essential. It may mean the difference between feeling better in a few days instead of weeks and between experiencing benefits or experiencing none. Follow these guidelines to understand how light affects us and when to use the goLITE BLU for the best results.

Duration

Most people experience benefits if they use the appliance 20 to 30 minutes each day. It is safe to use the goLITE BLU longer, provided you do so at the correct time of day. You may notice some energizing effects of light immediately. Other effects become noticeable after several days of regular use.

Indoor life and energy dips

If you spend a lot of time indoors with little daylight and artificial light, you can experience the energizing effects of the Philips goLITE BLU very quickly after you switch it on.

Many people experience a natural dip in the afternoon. The goLITE BLU can help you counteract this dip.

Winter blues

If you experience lower energy levels, an increased need for sleep, and a lower mood in the dark season compared to spring and summer, use the goLITE BLU for 20-30 minutes a day. Preferably use it in the morning to help you start the day. You may also use it later during the day, but do not use it in the last few hours before bedtime. If you do, the light could delay your sleep and make you even less energetic the next day.

Sleep patterns

- Morning persons tend to wake up early in the morning and usually find it difficult to stay awake in the evening. If you want to get more out of your evening, avoid bright light directly after waking up and use the goLITE BLU in the evening.
- Evening persons find it difficult to get up in the morning and are full of energy in the evening. If this applies to you, you need morning light. Use the goLITE BLU within the first 1 to 2 hours after you get out of bed. Avoid bright light or blue-rich light in the last 4 hours before bedtime. Daily use of the goLITE BLU in the morning may help you establish a regular sleep pattern that allows you to function better in the morning.

Note: If your desired wake-up time is less than six hours after your normal bedtime, do not use the goLITE BLU immediately after you wake up. This could give your body a signal that is opposite to the one intended.

Recommended times to use the goLITE BLU

Time to use goLITE BLU >>	Morning	Lunchtime	Afternoon	Evening
---------------------------	---------	-----------	-----------	---------

Energy need ▼

Lack of daylight indoors	+++	+++	+++	---
Morning person	---	+	++	+++
Evening person	+++	++	+	---
Afternoon energy dip	+	+++	+++	---
Winter blues	+++	+	+	---

- The more pluses (+++) there are in a column, the more suitable the time.
- --- means: do not use the appliance at this time.

Light intensity

Use the goLITE BLU in addition to the normal room lighting. The goLITE BLU is more comfortable to use in a well-lit room. Adjust the brightness to a comfortable level. Allow a few minutes for your eyes to get used to the bright light. If the highest setting is too bright for you, start using the goLITE BLU at a lower setting. Increase the light intensity if you feel no effect after a week.

How to use the appliance

Use the appliance for its intended household use as described in this manual.

- 1** Fold out the stand and place the appliance on a table (Fig. 2).
- 2** Insert the small plug into the socket on the appliance (Fig. 3).
- 3** Insert the adapter into an electrical outlet (Fig. 4).

- 4** Make sure that you position the appliance at arm's length (at approximately 50-75cm/20-30 in. from your eyes) within your field of vision. The light must bathe your face (Fig. 5).
- You can read, eat, work at the computer, watch TV or exercise while you use the appliance.
 - For best results, place the appliance at the same level as your midriff (stomach area), e.g. place it on the table at which you are sitting.
 - Make sure that the surroundings of the appliance are well-lit for more visual comfort.

Note: Do not stare into the light of the appliance. It is sufficient that the blue light reaches your eyes indirectly.

- 5** Press the control button briefly to turn on the appliance (Fig. 6).
 ▶ The appliance turns on at low setting.
- 6** If you press the control button again briefly, the light intensity increases to medium setting. To increase the light intensity to the high setting, press the control button again briefly (Fig. 7).

Note: For best results, use the highest light intensity setting that is comfortable to your eyes.

- 7** If you press the control button briefly when the appliance is working at high setting, the appliance turns off (Fig. 8).

Note: When the appliance is working, you can also turn it off immediately by pressing and holding the control button for more than 2 seconds.

Cleaning

Never immerse the appliance in water or any other liquid, nor rinse it under the tap.

Never use scouring pads, abrasive cleaning agents or aggressive liquids such as petrol or acetone to clean the appliance.

- 1** Clean the appliance with a dry or moist (not wet) cloth (Fig. 9).

This appliance has no other user-serviceable parts. For assistance call 1-866-832-4361.

Storage

- If the appliance will not be used for an extended period of time, remove cord from outlet and store in a safe, dry location where it will not be crushed, banged, or subject to damage.
- Do not wrap cord around the appliance when storing.

Disposal

- Dispose of the device in accordance with local regulations.
- Your local or national recycling organizations may also have disposal information.
- For assistance call 1-866-832-4361.

Assistance

For assistance call toll free: 1-866-832-4361 or visit our website: www.philips.com/support

45-Day Money-Back Guarantee

If you are not fully satisfied with your Philips goLITE BLU, send the product back and we'll refund you the full purchase price. The goLITE BLU must be shipped prepaid by insured mail, insurance prepaid, have the original sales receipt, indicating purchase price and date of purchase, and the money-back guarantee return authorization form enclosed. We cannot be responsible for lost mail. The goLITE BLU must be postmarked no later than 45 days after the date of purchase. Philips reserves the right to verify the purchase price of the goLITE BLU and limit refunds not to exceed suggested retail price.

To obtain Money-Back Guarantee Return Authorization Form, call 1-866-832-4361. Delivery of refund check will occur 6-8 weeks AFTER receipt of returned product.

Full Two-Year Warranty

Philips Electronics North America Corporation (USA) and Philips Electronics Ltd (CANADA) warrant each new Philips product, model HF3422 against defects in materials or workmanship for a period of two

years from the date of purchase, and agree to repair or replace any defective product without charge. **IMPORTANT:**This warranty does not cover damage resulting from accident, misuse or abuse, lack of reasonable care, or the affixing of any attachment not provided with the product. **NO RESPONSIBILITY IS ASSUMED FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES.** In order to obtain warranty service, simply call toll-free 1-866-832-4361.

In US Manufactured for: Philips Consumer Lifestyle, A Division of Philips Electronics North America Corporation, P.O. Box 10313, Stamford, CT 06904

In Canada Imported for: Philips Electronics LTD, 281 Hillmount Road, Markham, Ontario L6C 2S3



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Frequently asked questions

This section lists the questions most frequently asked about the appliance. If you cannot find the answer to your question, call 1-866-832-4361 for assistance.

Question

Answer

I have heard that blue light can be dangerous. Can this appliance damage my eyes?

Philips goLITE BLU complies with the photobiological safety standard IEC62471. According to this standard, the appliance represents no risk to healthy eyes and can be safely used.

Question

Answer

Can I get sunburn from using this appliance?

No, sunburn is caused by UV light. The light produced by this appliance does not contain UV.

Is the goLITE BLU safe to use around children and pets?

The light is safe to be used around children and pets. However, do not let children play with the appliance.

Can I use the goLITE BLU when I am pregnant?

Yes, there are no known side effects from using the goLITE BLU during pregnancy.

Do I have to take off my glasses when I use the appliance?

No, you can use the appliance with your glasses on. Do not wear tinted glasses or sunglasses when you use the appliance, as these glasses reduce its effectiveness.

How often do I have to use the goLITE BLU?

Use the goLITE BLU every day at the right time to achieve the result you want. For more information on the duration of a session, read chapter 'Using the goLITE BLU'. Except when you try to adjust your sleep time, we advise you to use the goLITE BLU at the same time every day. It is usually sufficient to use it 20 to 30 minutes a day. It is absolutely safe to use it longer, if you want to.

When do I start to notice improvement from using the goLITE BLU?

You may start to feel the energizing effect any time between first use and 1 to 2 weeks of daily use.

Question	Answer
Is it harmful to sit in front of a switched-on goLITE BLU for a long time?	No, the goLITE BLU is absolutely safe, also when you use it throughout the day. However, in general avoid using the light in the last 4 hours before you go to bed, as the energizing effect of the light may interfere with your sleep. Only 'morning persons' who want to get more out of their evening can use it in the evening, see chapter "Using the goLITE BLU", section "Sleeping patterns".

Can the lamp of the goLITE BLU be replaced?

No, the goLITE BLU has a durable LED lamp that lasts many years.

Specifications

Model	HF3422
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Electrical

Rated input voltage adapter	100-240 Vac
Rated input frequency adapter	50/60 Hz
No-load power adapter	<0.1W
Rated output voltage adapter	9Vdc
Rated output power adapter	10W
Standby power appliance	<0.25W

Model	HF3422
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Classifications

- Portable Electric Luminaires	UL 153, UL8750 and CSA 22.2 no. 12
- Adapter	Class 2 power supply
- Ingress of an object and water	IP51 (main unit only)
- Mode of operation	Continuous

Operating conditions

Temperature	from +5°C to +35°C (41°F to 95°F)
Relative humidity	from 15% to 90% (no condensation)

Storage conditions










Temperature	from -20°C to +50°C (-4°F to +122°F)
Relative humidity	from 15% to 90% (no condensation)

Physical characteristics

Dimensions	14.3 × 14.3 × 3.5cm (5.6 × 5.6 × 1.4 in.)
Weight	0.4kg (14 oz.)
Dominant wavelength	475-480 nm
Full Width at Half Maximum (FWHM)	20nm
Output (100% intensity)	220 ± 15 lux at 50cm (220 ± 15 lux at 19.7 in.)

Symbol key

The following symbols may appear on the appliance:

Symbol	Description
	Consult the user manual supplied
	DC power
	DC jack polarity
IP51	Degree of protection against liquid and particles.
HF3422	Model number
	UL listing mark for Canada and the United States
	Philips Shield
	In China Manufactured for: Philips Consumer Lifestyle, A Division of Philips Electronics North America Corporation, 1600 Summer Street – 5th Floor; Stamford, CT 06905-5125. In Canada imported for: Philips Electronics LTD, 281 Hillmount Road, Markham, Ontario L6C 2S3
	Date code and serial number of this appliance
	on/off and dimming button
	Compliant with the Waste Electrical and Electronic Equipment/Restriction of the Use of Certain Hazardous Substances in Electrical and Electronic Equipment (WEEE) recycling directives.