

# PHILIPS

## Sleep and Wake-Up Light

### Somneo

Simulated sunrise and sunset

RelaxBreathe to sleep

Multiple lights and sounds

Midnight light

HF3653/01



## 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

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

#### 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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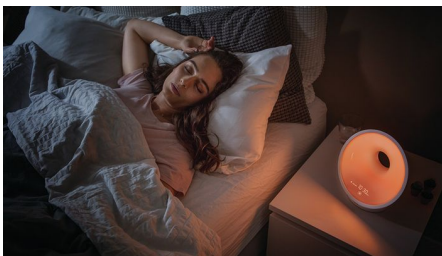
# Highlights

## Simulate natural sunrise



Inspired by nature's sunrise, light gradually increases before your wake time from soft morning red through orange, until your room is filled with bright yellow light. The process of changing and increasing light is designed to stimulate your body to wake up naturally, as light gently prepares your body for waking up while you are still asleep. By the time light has filled the room, your selected natural sound completes the wake up experience, leaving you ready for your 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. 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 jarring 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.



2018 IF award Somneo  
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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  
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  
Number of alarm times: 2

## Weight and dimensions

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

## Technical specifications

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

## Sound

Number of Wake-up Sounds: 8  
FM Radio: No  
AUX entry  
Number of relaxation sounds: 3

## 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

