

PHILIPS

Connected Sleep
and Wake-Up Light

SmartSleep

Simulated sunrise and sunset

Personalized light and sound

App-based tracking

HF3672/01



Personalize your sleep experience, wake refreshed

Fall asleep relaxed and wake up naturally

The Sleep & Wake-up Light designed to help you relax, sleep tight and wake up energized. With light-guided breathing, personalized sun settings and bedroom environment tracking. From the makers of the leading global Wake-up Light sold.

Natural sunrise and sunset simulation

- Gradually increasing brightness wakes you feeling refreshed
- The first Wake-up Light clinically proven to work

RelaxBreathe: Light-guided wind-down breathing

- Light-guided breathing helps you relax for sleep

AmbiTrack bedroom sensing and the SleepMapper app

- Control your device and monitor your sleep experience
- Fine-tune your sleeping environment
- Easy set-up with Wifi

Personalized settings with multiple options

- PowerWake alarm designed to wake you on time
- Choose the right lights and sounds for you
- Customize your wake-up with thousands of alarm combinations
- Intuitive touchscreen for easy device control
- Contemporary design adds style to your bedroom



Highlights

Simulate natural sunrise



Light incrementally builds before your wake time from soft morning red through orange, until your room is filled with brightly colored light of your choice. The process of changing and increasing light is designed to gently prepare your body for waking up while you are still asleep. By the time light has filled the room, your selected natural sound or FM station completes the wake-up experience, leaving you ready for your day.

SleepMapper app



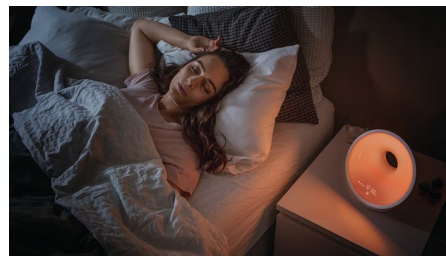
The SleepMapper app lets you set multiple alarms, light themes, intensity settings, and control sounds and radio via your Android and iOS smart devices. You can view room environment data, monitor your sleep routines and get tips on improving your sleep. Using the app over time can help you see how your environment might be affecting your sleep, whether it's time spent in bed, changes in room temperature or noise disturbances in your environment. If your phone isn't nearby, all the essential functions of Somneo can be accessed on the light itself.

Clinically proven to work



Philips Wake-up Lights are clinically proven to improve your general well-being after you wake up. Several independent studies have shown that our Wake-up Light not only wakes you up more naturally, but also more energized and that it improves your mood in the morning. Independent research shows that 92% of users say that the Philips Wake-up Light wakes them up pleasantly* and 88% call it a better way to wake up than the way they did before.*

RelaxBreathe for easy sleep



Inspired by well-known breathing and relaxation exercises, the RelaxBreathe wind-down feature is designed to get you to calm your body and mind from the day's activities and prepare for bed. Follow one of 7 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.

AmbiTrack environmental sensor



Optimal bedroom conditions can help you sleep better through the night. With a built-in external sensor to collect and track data with

precision from your bedroom, Somneo monitors external factors that might be affecting your sleeping experience. By tracking your room's temperature, humidity, and noise and light levels, Somneo can provide informed insights about your sleep environment to help you make productive changes to your bedroom so it can be conducive to your best sleep.

PowerWake: extra alarm option



Need just a few more minutes? Simply tap the top of the light to stop the alarm and activate the snooze function. For truly reluctant risers, the PowerWake feature combines the jarring jangle of an old-fashioned alarm clock with a brightly flashing light to get you out of bed. PowerWake helps you get up for that early morning appointment.



iF Design award
Somneo connectedDesign

Specifications

Easy to use

Anti-slip rubber feet
Number of alarm times: multiple
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

Weight and dimensions

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

Sound

FM radio
Number of Wake-up Sounds: 8
AUX entry
Number of relaxation sounds: 4

Light

Brightness settings: 25
Light colors: white, orange, yellow, amber
Max Lux level: 315
of preinstalled sun themes: 3

Safety and Regulations

UV-free
Country of origin: China

Technical specifications

Frequency: 50/60 Hz
Voltage: 100-240 VAC
Cord length: 1.5 m
Power Output Adapter: 18W
Housing back color: Matte white
Type of lamp: LED
Ambient Sensor: Humidity, Temp, Noise, Light
Connected proposition: Yes, WiFi

