

PHILIPS

Connected Sleep
and Wake-Up Light

SmartSleep

Simulated sunrise and sunset

Personalised light and sound

App-based tracking

HF3671/01



Personalise your sleep experience, wake up refreshed

Fall asleep relaxed and wake up naturally

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

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

Personalised settings with multiple options

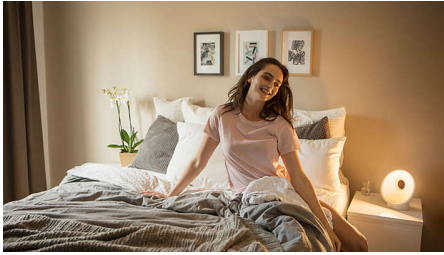
- Choose the right lights and sounds for you
- Customise your wake-up with thousands of alarm combinations
- Contemporary design adds style to your bedroom
- PowerWake alarm designed to wake you on time
- Intuitive touchscreen for easy device control

AmbiTrack bedroom sensing and the SleepMapper app

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

Highlights

Simulate natural sunrise



Light incrementally builds before your wake time from soft morning red to orange, until your room is filled with brightly coloured 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



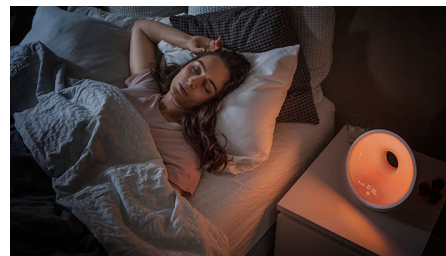
The SleepMapper app lets you set multiple alarms, light themes, intensity settings, and control sounds and radio via your Android and iOS smart devices. You can view room environment data, monitor your sleep routines and get tips on improving your sleep. Using the app over time can help you see how your 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 energised, 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 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.

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

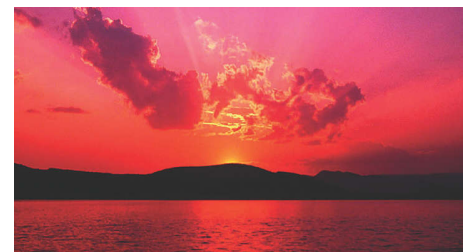
precision from your bedroom, Somneo monitors external factors that might be affecting your sleeping experience. By tracking your room's temperature, humidity, and noise and light levels, Somneo can provide informed insights about your sleep environment to help you make productive changes to your bedroom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

Choose the lights and sounds



Create your own experience with light themes inspired by sunrises and sunsets around the world, a bright white sunrise of a crisp Iceland morning or the pink-hued dawn of the Caribbean. Accompany your choice with nature sounds, ambient music or your favourite station. Gently transition from asleep to awake with the growing sunrise and rising music rousing you. In the evening, choose your light level for reading, then wind down with RelaxBreathe. The illuminated clock will dim as the room darkens. In the middle of the night, turn on Somneo to provide just enough light to find your way in the dark.

Specifications

Sound

FM radio

Number of Wake-up Sounds: 8

AUX entry

Number of relaxation sounds: 4

Technical specifications

Cord length: 1.5 m

Frequency: 50/60 Hz

Voltage: 100-240 VAC

Power Output Adapter: 18W

Housing back colour: Matte white

Type of lamp: LED

Ambient Sensor: Humidity, Temp, Noise, Light

Connected proposition: Yes, WiFi

Weight and dimensions

Product dimensions (W x D x H):

225x220x120 mm

Product weight: including adapter 0.9 kg

Easy to use

Anti-slip rubber feet

Display brightness control: Self-adjusting

Number of alarm times: multiple

Snooze type: Smart snooze

Instore demo function

Charges mobile phone

Tap snooze for sound: 9 minutes

Control by smart phone

Light

Brightness settings: 25

Light colours: white, orange, yellow, amber

Max Lux level: 325

No. of preinstalled sun themes: 3

Safety and Regulations

UV-free

Country of origin: China

