PHILIPS

Sleep and Wake-Up Light

SmartSleep

Simulated sunrise and sunset

RelaxBreathe to sleep

Multiple lights and sounds

Formerly known as Somneo

HF3650/60

Fall asleep relaxed.

Wake up refreshed.

The Sleep and Wake-Up Light designed to help you relax and wake up refreshed. With light-guided breathing and personalized sun settings, join the 92% of users who found it easier to get out of bed.(1)

Natural sunrise and sunset simulation

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

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

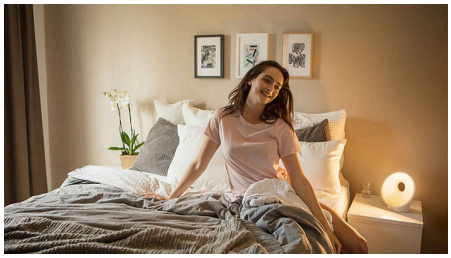
- Choose the sound or music you wake up to
- Select the brightness level that's right for you

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

Highlights

Simulate natural sunrise



The Sleep and Wake Up Light gradually increases before your alarm time. Over the course of 30 minutes, the simulation will start off a soft morning red and gradually increase to orange, until your room is filled with bright yellow right. This creates a natural stimulation to wake up, while your body is still asleep. By the time light has filled the room, natural sounds or FM radio completes your wake up experience, leaving you ready for the day.

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.

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

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.

Smart touch display

Our seamlessly integrated multi-level touch display lets you set your chosen parameters intuitively and fast. Just approach the display
with your hand and control your light with a touch on the buttons. The light will adjust the brightness of the display automatically to the light level in your room. You also have the option to siwtch off the display completely.

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.

Highlights

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.

Multiple sound & music options

Wake up to nature sounds, ambient music or your favorite local FM radio station. 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.

Clinically validated

Philips wake-up lights are clinically proven to improve your general wellbeing after waking up. Several independent studies have shown that our wake-up light improves the quality of waking up, improves your mood and makes you feel more refreshed in the morning. 92% of users say our wake-up light wakes them up pleasantly, while 88% of users say that the wake-up light is a better way to wake up than how they did before.* In addition, 92% of users find it easier to get out of bed**

SmartSleep

Sleep and Wake-Up Light

HF3650/60

Specifications

Sound
FM radio
Number of Wake-up Sounds: 7
AUX entry
Number of relaxation sounds: 3

Light
Light colors: white, orange, yellow, amber
Max Lux level: 310
Sun themes: 1
Display brightness control: Self adjusting
Midnight light
Number of Brightness settings: 25

Alarm
PowerWake alarm: No
Snooze type: Smart Snooze
Tap snooze for sound: 9 minutes

Product details
Cord length: 5 feet
Type of lamp: LED
Dimensions: 8.8 x 8.6 x 4.7 inches
Weight: 1.98 pounds
AmbiTrack bedroom monitoring: No
Anti-slip rubber feet

App enabled w/ alarm scheduler: No
Charges mobile phone
Control by Smartphone: No

Technical Specification
Country of Origin: China
Voltage: 10-240 VAC
Frequency: 50/60Hz
Power Output adapter: 18W
UV-free

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Issue date 2026-01-15
Version: 1.1.1

UPC: 0 75020 08967 0

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* 1. Blauz Research 2008, N=471 users
* *Previously called Somneo