

# PHILIPS

## Wake-up Light

Sunrise Simulation

3 natural sounds

FM radio & Reading lamp



HF3510/60



## Wake up naturally

with a Wake-up Light that gradually wakes you up

Inspired by nature's sunrise the Philips Wake-up Light uses a unique combination of light therapy and sound to wake you in a more natural way. Making it easier to get out of bed, ready for the day ahead

### Natural light wakes you gradually

- 20 brightness settings to fit your personal preference
- Sunrise Simulation wakes you gradually
- Dimming light gently sends you off to sleep

### Natural sounds wake you gently

- Choice of 3 different natural wake up sounds
- FM radio lets you wake up with your favorite radio show

### Naturally proven to work

- Developed by Philips, experts in light for over 100 years.
- 92% of users agree that it is easier to get out of bed
- The only Wake-up Light clinically proven to work

# Highlights

## Sunrise Simulation



Inspired by nature's sunrise, light gradually increases within 30 minutes until your room is filled with bright yellow light. This process of changing an increasing light stimulates your body to wake up naturally. By the time light has filled the room your chosen natural sound completes the wake up experience, leaving you ready for the day ahead.

### 3 natural sounds



At your set wake up time natural sound will play to complete the wake up experience and ensure you are awake. The selected sound gradually increases in volume to your selected level within one and a half minute. There are three natural sounds you can choose from: Bird Song, Birds in the forest and Zen Garden.

### FM Radio



Listen to your favorite radio show while you are waking up.

## Sunset Simulation



Sunset simulation is a light therapy used before you go to sleep. Sunset simulation prepares your body to fall asleep by gradually decreasing light to your set duration.

### Proven by scientists



At this moment in time the Philips wake-up light is the only one scientifically proven to work. In order to make the Wake-up Light the best possible product it can be in genuinely waking you up naturally and energized we have done a lot of clinical research. This research was conducted by independent science facilities to study and prove the effects of the wake-up light on the overall wake up experience. This way we have proven, among other things, that the Philips Wake-up Light not only wakes you more naturally, but also more energized and that it improves your mood in the morning.

## Developed by Philips



Philips was founded over a 100 years ago as a company that produced and sold lightbulbs. Over 100 years Philips grew into a global company that brings innovation in lots of different areas. To this day lighting still is the soul of Philips. The Wake-up Light is proud to continue its heritage by building on years of knowledge and expertise of the world's most well know lighting expert.

### Light Settings



The sensitivity to light differs per person. In general, when using a higher light intensity a person needs less time to become fully awake. The 20 light intensities of the Wake-up light can be personalized and even be set up to 300 lux.

### Preferred by consumers



Independent research\* shows that 92% of Philips Wake-up light users find it is easier to get out of bed (Metrixlab 2011, N=209)

# Specifications

## Sound

FM radio

Number of Wake-up Sounds: 3

Music from smartphone / iPod: No

## Technical specifications

Cord length: 150 cm

Power: 16.5 W

Voltage: 100/240 V

Insulation: Class III

Frequency: 50/60 Hz

Type of lamps: Lumiled Luxeon Rebel

Insulation Powerplug: Class II (double isolation)

Power Output Adapter: 12W

## Weight and dimensions

Product weight: 0.813 kg

Product dimensions: 19.2 (height) x 19.9 (diameter) x 14.6 (depth) cm

Country of origin: China

Power Plug weight: 99 gram

## Safety

UV-free: UV-free

## Easy to use

Anti-slip rubber feet

Charges iPhone/ iPod Touch: No

Display brightness control: 4 settings

Snooze type: Snooze button

Instore demo function

Number of alarm times: 1

Snooze button for sound: 9 minute(s)

Controlled by iPhone/ iPod App: No

## Well-being by light

Increase alertness

Wake-up gradually

Drift to sleep naturally

Wake up naturally

## Natural light

Brightness settings: 20

Colored sunrise simulation: No, Plain yellow

Light intensity: 300 Lux

Sunset simulation

