



Philips
Wake-up Light

Natural sounds
and FM Radio

HF3470/01

Wake up naturally

with a Wake-up Light that gradually wakes you up

The Wake-up Light uses a unique combination of light therapy and sound to wake you up in a gentle and natural way so you are ready for the day ahead. From now on waking up will be a pleasant experience.

Easy to use

- Can be used as bedside lamp for pleasant reading
- Replaceable halogen lamp

Proven benefits

- 100 years of Philips expertise in light technology
- Clinically proven to make waking up more pleasant
- Research shows that users find it easier to get out of bed

Soft rising light and sound wakes you gradually

- Choice of 2 natural and pleasant wake-up sounds
- Up to 250 lux for natural awakening
- Soft rising light wakes you gradually

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Highlights

Light wakes you gradually



The light intensity from your wake-up light gradually increases 30 minutes before your set wake up time. Light falls on your eyes and increases the level of energy in your body, gently preparing your body to wake up. This makes waking up a more pleasant feeling.

250 lux light intensity



The sensitivity to light differs a lot per person. In general, when using a higher light intensity a person needs less time to become fully awake. The light intensity of the Wake-up light can be set up to 250 lux. This makes sure you can wake up to the light intensity that suits your personal preference best.

2 natural wake-up sounds



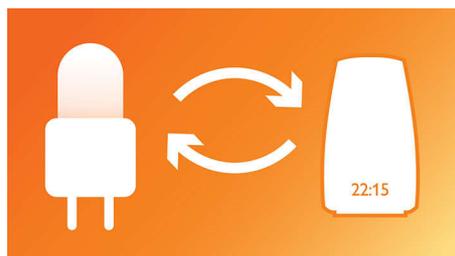
At your set wake-up time, you will start hearing a natural sound or the selected radio station. It starts out quietly and takes a minute and a half to reach the volume level you selected. There are two sounds you can choose from: morning birds and a beeping sound. The gradually increasing sound will make the wake up process even more pleasant, ensuring you're never rudely awakened.

Bedside lamp



The 20 different brightness settings allow you to use the product as a bedside lamp

Replaceable halogen lamp



The Wake-up Light makes use of a replaceable halogen lamp for natural sunrise simulation.

Independent research



Independent research* shows that 8 out of 10 Wake-up Light users found it easier to get out of bed. MatrixLab BE, NL, D, AT, CH 2011; n=209

Clinically proven



It has been clinically proven that light is a more pleasant way to wake up, and improves the quality of waking up.

Philips expertise



Brought to you by Philips, who has over 100 years of leadership in light therapy technology.

Specifications

Sound

- FM radio
- Number of Wake-up Sounds: 2

Technical specifications

- Voltage: 230 V
- Power: 85 W
- Cord length: 200 cm
- Frequency: 50 Hz
- Insulation: Class II (double isolation)
- Type of lamps: Philips Halogen Lamp 50 W, 12 V, GY6.35
- Lifetime of lamps: expected > 4000 hours
- Insulation Power plug: N/A
- Power Output Adapter: N/A

Weight and dimensions

- Product dimensions: 25.2 (height) x 17.0 (diameter) cm
- Product weight: 1.45 kg
- Box dimensions (W x H x D): 19.5 x 30 x 19 (W x H x D) cm
- Box weight: 1.7 kg
- Country of origin: China
- Power Plug weight: N/A

Safety

- Cenelec certified
- UV-free: UV-free

Easy to use

- Alarm test function
- 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

Light

- Light on/off function

Well-being by light

- Increase alertness
- Wake-up gradually

Natural light

- Sunrise simulating process: 30 minutes
- Brightness settings: 20
- Coloured sunrise simulation: No, Plain yellow
- Light intensity: 250 Lux
- Sunset simulation: No

Safety and Regulations

- UV-free: UV-free
- Not for general illumination
- To wake up with light



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* Norden, M.J. et al. Acta Psychiatr Scand, 1993; Gordijn, M. et al. Universiteit van Groningen, 2007