



Philips  
Wake-up Light

Natural sounds

HF3465/01

# 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

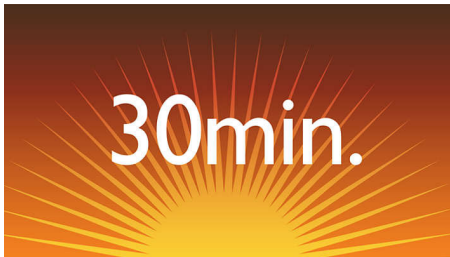
## Soft rising light and sound wakes you gradually

- Up to 250 lux for natural awakening
- Soft rising light wakes you gradually
- 1 natural and pleasant wake-up sound

# PHILIPS

# 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



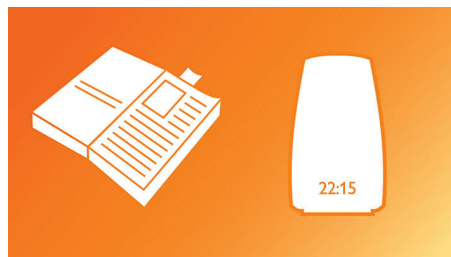
The sensitivity to light differs a lot per person. In general, when using a higher light intensity a person needs less time to become fully awake. The light intensity of the Wake-up light can be set up to 250 lux. This makes sure you can wake up to the light intensity that suits your personal preference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

## 1 natural wake-up sound



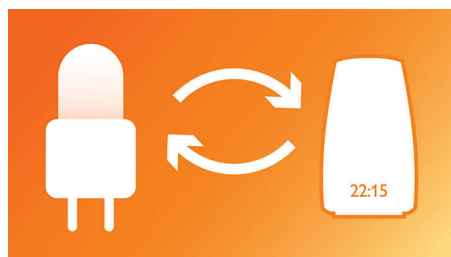
At your set wake-up time, you will hear a gentle beep. It starts out quietly and takes a minute and a half to reach the volume level you selected. The gradually increasing sound will make the wake up process even more pleasant, ensuring you're never rudely awakened

## 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

- Number of Wake-up Sounds: 1

## 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 100 W, 12 V, GY6.35
- Lifetime of lamps: expected > 4000 hours

## Weight and dimensions

- Product weight: 1.45 kg
- Product dimensions: 25.2 (height) x 17.0 (diameter) cm
- Box dimensions (W x H x D): 19.5 x 30 x 19 (W x H x D) cm
- Box weight: 1.7 kg

## Logistic data

- CTV code: 884346501
- Country of origin: China

## Safety

- UV-free: UV-free

## Easy to use

- Anti-slip rubber feet
- On/off button
- Snooze button for sound: 9 min
- Electricity back-up function: 15 min
- Display brightness control: 4 settings
- Number of alarm times: 1
- Snooze type: Snooze button
- Instore demo function

## Comfortable light

- Light intensity: 0-250 Lux at 40-50 cm
- Light Intensity dimmer: Yes, 20 levels
- Brightness settings: 20
- Sunrise simulating process: 30 minute(s)
- Replaceable lamp

## Well-being by light

- Increase alertness
- Wake-up gradually



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