



Philips
Wake-up Light

USB playback
and Dusk simulation



HF3485/01

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. You can personalise your waking experience by adding new sounds and music via USB.

Easy to use

- Smart snooze — tap anywhere to snooze
- 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

Drift to sleep naturally

- Drift to sleep with gradually dimming light and sound

Soft rising light and sound wakes you gradually

- Up to 250 lux for natural awakening
- Choice of 4 natural and pleasant wake-up sounds
- Add new sounds and music via USB
- 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.

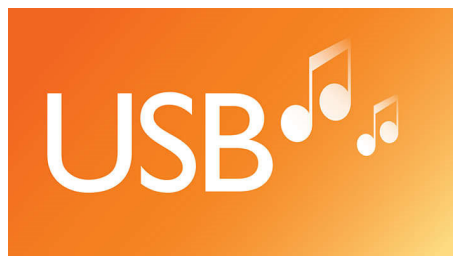
4 natural wake-up sounds



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 four sounds you can choose from: morning birds in the forest, cows from the alps, a cuckoo sound and relaxing

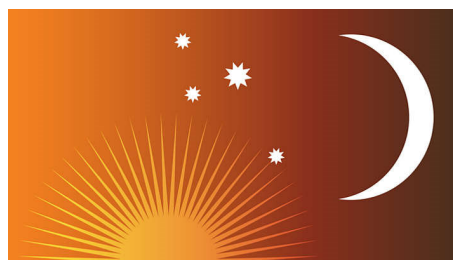
yoga music. The gradually increasing sound will make the wake up process even more pleasant, ensuring you're never rudely awakened.

Add new sounds and music via USB



It gives you the option to wake up with a new wake-up sound every day. You can download specially developed wake-up songs from www.philips.com and put them on your USB stick. When adding the USB stick to the Wake-up Light you can select your favourite song from the stick and at your set wake-up time it will start to play. It also gives you the option to listen to your own MP3 files on the USB.

Drift to sleep naturally



The gradually decreasing light and sound help you to drift to sleep. You can set your preferred time for the duration of the dusk simulation.

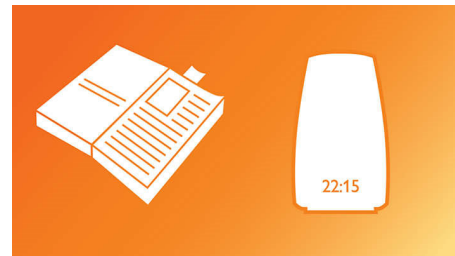
Smart snooze



You can put the Wake-up Light into snooze mode by simply tapping anywhere on the

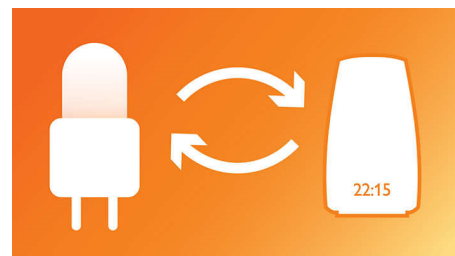
product. After 9 minutes the sound will gently start playing again.

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

Specifications

Sound

- FM radio
- USB slot
- Number of Wake-up Sounds: 4

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
- 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

Easy to use

- Anti-slip rubber feet
- Charges iPhone/iPod Touch: No
- Display brightness control: 4 settings
- Snooze type: Smart snooze
- Instore demo function
- Number of alarm times: 2 alarms
- Snooze button for sound: 9 minute(s)
- Controlled by iPhone/iPod App: No

Well-being by light

- Increase alertness
- Drift to sleep naturally
- Wake-up gradually

Natural light

- Sunrise simulating process: adjustable 20-40 minutes
- Brightness settings: 20
- Coloured sunrise simulation: No, Plain yellow
- Light intensity: 250 Lux
- Sunset simulation

Safety and Regulations

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



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** Tested in NL and FR (Blauw Research) on 477 people in 2009
* Norden, M.J. et al. Acta Psychiatr Scand, 1993; Gordijn, M. et al.
Universiteit van Groningen, 2007