



Philips
Wake-up Light

dock for iPhone/iPod
Dusk simulation

HF3490/01

Wake up naturally

Designed to wake you with light and tunes

The Wake-up light wakes you up in a natural way, by light that increases gradually. From now on, waking up will be a pleasant experience. You can also wake up with your favourite music by simply selecting the tunes from your iPod or iPhone.

Light intensity

- Up to 300 Lux for natural awakening
- Clinically proven to make waking up more pleasant

Dusk simulation

- Drift to sleep with gradually dimming light and sound

Light wakes you gently

- Gradual light prepares your body to wake up
- Energy-saving lamp

Wake up to your favorite sounds

- Choice of 4 natural and pleasant wake-up sounds & FM-radio

Wake up to your favorite tunes

- Great sound quality thanks to the integrated sound box
- Play and charge your iPod/iPhone
- Wake up to the tunes from your iPod / iPhone

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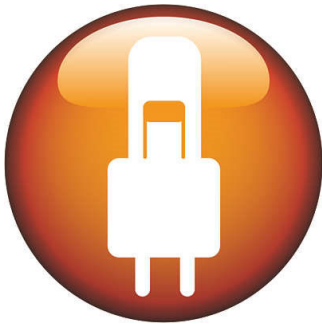
Highlights

Light wakes you gently



Light gradually increases over 30 minutes before your set wake up time. Light falls on your eyes and positively affects your energy hormones, preparing your body to wake up. This makes waking up a more pleasant feeling.

Energy-saving lamp



Wake-up Light is the only dawn simulator that makes use of an energy-saving lamp. It consumes up to 24% less energy compared to a Wake-up Light with a normal light bulb.

300 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 300 Lux. This makes sure you can wake up to the light intensity that suits your personal preference best.

Clinically proven



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

Wake up to tunes

The iPod / iPhone docking station lets you wake up to your favourite songs. Just select your favourite song from your iPod or iPhone and at your set wake-up time it will start to play, at first gently, gradually increasing over ninety seconds to the volume level you selected.

Play and charge your iPod/iPhone

Play your favourite music from your iPod/iPhone. Your iPod/iPhone will be charged when it is in the docking station, so you are always ready to use it when you are ready to go.

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, a relaxing beep, the sounds of the African jungle or soft chimes in the wind. The gradually increasing sound will make the waking up process even more pleasant, ensuring you are never rudely awakened.

Great sound quality

The speaker in this Wake-up Light is backed up by an integrated sound box, assuring great sound quality when listening to the FM radio or when waking up with the natural wake-up sounds.

Dusk simulation



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.

Specifications

Sound

- FM radio
- Premium sound box: Integrated sound box
- Compatible with iPod/iPhone
- Number of Wake-up Sounds: 4

Technical specifications

- Voltage: 230 V
- Power: 26 W
- Cord length: 200 cm
- Frequency: 50 Hz
- Insulation: Class II (double isolation)
- Type of lamps: Philips Energy-Saving Lamp
- Lifetime of lamps: expected >6000 hours

Weight and dimensions

- Product dimensions: 14 x 30 x 24 (D x W x H) cm
- Product weight: 1.35 kg

Logistic data

- CTV code: 884349001
- Country of origin: China

Safety

- UV-free: UV-free

Easy to use

- Alarm test function
- Anti-slip rubber feet
- Snooze button for sound: 9 min
- Compact size: Limited bedside table space required
- Electricity back-up function: 15 min

Light

- Sunrise Simulating process (0-: 30 min)
- Light intensity dimmer: 0-300 Lux at 40-50 cm
- Light on/off function
- Dusk simulation

Display

- Display brightness control: 4 settings
- Hidden LED display: Invisible display projected onto the product



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