

# PHILIPS

## Energy light

### EnergyUp

Natural white light

Corded & angle adjustment

10,000 lux light intensity

Treatment time indicator



HF3418/01



## Feel more energized with light, naturally

### Natural white light energizes like bright daylight

Philips EnergyUp uses the natural power of daylight to improve energy levels and mood. Just 20-30 mins a day is enough to feel more energized, active and increase your short-term concentration, thus helping you to perform when needed.

#### **Proven to energize naturally with light**

- Improves energy levels, short-term concentration and mood
- Fights energy dips, fatigue and seasonal mood swings
- Light is a natural energizer that fits a healthy lifestyle
- Independent research confirms improved energy levels

#### **Designed to fit into your daily routine easily**

- Results in just 20-30 min/day; use while reading, working
- Natural white light complements any environment
- Includes adjustable stand and wall mount

#### **Advanced Philips LEDs provide comfortable light**

- 10,000 lux – same intensity, benefits as natural daylight
- Even brightness, ultimate eye comfort
- 100% UV free light - safe for eyes and skin
- 100+ years of Philips lighting and healthcare know-how

# Highlights

## Increases energy levels

Today's busy modern lifestyles demand peak performance all day long – but even the fittest person suffers energy crashes or lows, particularly when deprived of natural daylight, such as in an office in winter. EnergyUp fights energy dips and improves mood using the natural energizing power of sunlight to stimulate the body and improve short-term concentration. With just 20-30 minutes per day proven to be effective, use EnergyUp whenever you need to charge up and energize: to get going in the morning, reboot after lunch, or maintain sustained energy levels throughout the day.

## Fights energy dips

Lack of light during the darker winter months causes many people to experience a noticeable drop off in their energy levels and low spirits as autumn sets in. Known as "emotional fluctuations due to seasonal changes" symptoms may cause the sufferer to feel low, listless and fatigued for weeks or even months on end, affecting both personal performance and mood. Philips fights these symptoms of winter fatigue with the natural energizing power of sunlight, sustaining the body with summer vitality throughout the dark winter months.

## Light is a natural energizer

Daylight is essential to well-being and keeping fit and energized throughout the day – just like healthy nutrition and regular exercise. Philips EnergyUp mimics the natural energizing power of daylight on a bright sunny day, stimulating special receptors in the eye that trigger the body's natural response to sunlight. This helps you to feel more energetic, active and alert. On days when your energy level is low and you're feeling tired, EnergyUp promotes vitality, naturally.

## Just 20-30 minutes a day



Just 20-30 minutes a day with EnergyUp is proven to revitalize and promote a positive mood. Simply position the energy light at arm's length so that the light reaches your eyes. There's no need to look directly into the light, so you can multitask with EnergyUp, benefitting from it at breakfast, or when working or reading. Since the light is UV free and comfortable and safe for eyes, you can use it for as long as you wish during the day (if used in the evening or before bedtime it may delay sleep). With daily use, you are likely to feel EnergyUp's energizing effect within 1-2 weeks.

## 10,000 lux light intensity

Philips EnergyUp produces light with a high luminance of up to 10,000 lux and a color close to natural daylight. This revitalizing light has the same effect on the body as a summer's day, and is proven to improve vitality and energy levels, and to help fight fatigue and alleviate emotional fluctuations due to seasonal changes. EnergyUp uses the latest high-power Philips LED lights and technology; these innovations keep EnergyUp slim in size. As a result, EnergyUp takes up little desk space, and is suitable for use virtually anywhere in the home or workplace.

## Convenient design



EnergyUp is slim and easy to set up. Simply place EnergyUp at about arm's length within your field of vision. Slightly in front and to the

side of you on a desk or table is ideal, with the unit angled upward so that the light reaches your eyes. Or you may attach EnergyUp to a wall using the included wall mount.

## Ultimate eye comfort



EnergyUp uses a unique lighting system to control glare for complete eye comfort. A unique combination of diffusers, reflectors and filters distribute the powerful LED light evenly across the whole surface of the screen. This controls glare and prevents bright spots, for diffuse light that is always comfortable and pleasant to experience.

## Developed by Philips



Philips was founded more than one hundred years ago as a pioneer of affordable light bulbs, and later used its expertise in vacuum tube technology to develop one of the world's first X-ray imaging machines. To this day, the company remains a global leader in lighting and healthcare, driven on by the desire to improve people's lives around the world every day by creating innovations that matter to you. This proud heritage continues with EnergyUp, an innovative product which benefits from all of Philips' experience as a leading lighting, healthcare and consumer technology company.

# Specifications

## Well-being by light

Increase energy level  
Boost short term concentration  
Feel more rested  
Fight seasonal mood swings  
Lift your mood

## Comfortable light

10,000 lux  
Even screen luminance  
Flicker-free operation

## Easy to use

Light intensity settings: 5  
Treatment time indicator  
On/off button  
Touch button operation  
Light intensity memory

## Easy positionable

Adjustable angle  
Wall-mounting option

## Technical

Power adapter: 24W  
Frequency: 50-60 Hz  
Type of Lamp: High power LED  
Voltage: 220 V  
Cordlength: 210 cm

## Weight and dimensions

Product dimensions: 29,4 x 37,6 x 4,1  
(WxHxD) cm  
Product weight: 2,0 kg  
F-box dimensions: 31,7 x 41,4 x 11,2

(WxHxD) cm

F-box weight: 3,0 kg  
Master carton: 2

## Logistic data

Country of origin: China  
CTV code: 884341801

## Safety and Regulations

Portable Luminaire: IEC60598-1, IEC60598-2-4  
KEMAKEUR: Complies with EMC- and battery  
UV-free: No UV or near UV radiation  
IEC 62471: Eye safety:no risk



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