PHILIPS

Wake-up Light Plus

USB playback

and Dusk simulation

HF3485/60

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.

Soft rising light and sound wakes you gradually
- Soft rising light wakes you gradually
- Up to 250 lux for natural awakening
- Choice of 4 natural and pleasant wake-up sounds
- Add new sounds & music via USB

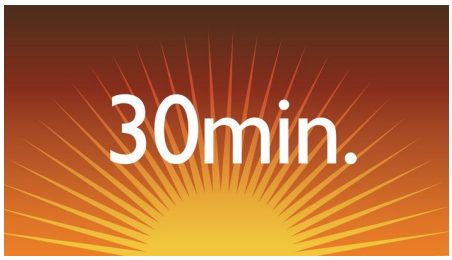
Drift to sleep naturally
- Drift to sleep with gradually dimming light and sound

Easy to use
- Smart snooze - tap anywhere to snooze
- Can be used as bedside lamp for pleasant reading
- Replaceable halogen lamp

Proven benefits
- Research shows that users find it easier to get out of bed
- Clinically proven to make waking up more pleasant

Highlights

Light wakes you gradually



The light intensity from your wake-up light gradually increases in 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 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 alpes, a chuckoo 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 & 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 favorite 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 gradual decreasing light and sound help you to drift to sleep. You can set your preferred time for the duration of the dusk simulation.

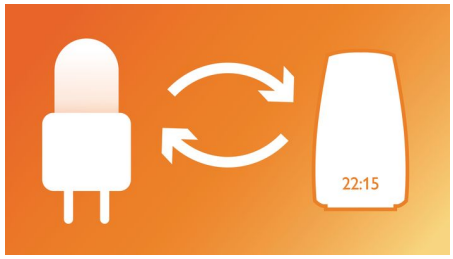
Smart snooze

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 the 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 wakes you up more pleasantly and improves the quality of waking up.

Specifications

Well-being by light
Wake-up gradually
Increase alertness
Drift to sleep naturally

Comfortable light
Sunrise simulating process: adjustable, 20-40 minutes
Brightness settings: 20
Dusk simulation: 15 min, 30 min, 45 min, 60 min, 90 min, adjustbale
Light Intensity dimmer: Yes, 20 levels
Light intensity: 0-250 Lux at 40-50 cm
Replaceable lamp

Sound
FM radio
Radio presets: 3
Number of Wake-up Sounds: 4
USB slot
Music format: MP3, WMA
USB stick: Not included

Easy to use
Display brightness control: 4 settings
On/off button
Number of alarm times: 2
Snooze button for sound: 9 minute(s)
Snooze type: Smart snooze
Electricity back-up function: 15 minute(s)
Anti-slip rubber feet
Instore demo function

Safety
UV-free: UV-free

Technical specifications
Power: 85 W
Voltage: 110 V
Frequency: 60 Hz
Insulation: Class II (double isolation)
Lifetime of lamps: expected > 4000 hours
Type of lamps: Philips Halogen Lamp 100W, 12V, GY6.35
Cord length: 200 cm

Weight and dimensions
Product dimensions: 25.2 (height) x 17.0 (diameter) cm
Product weight: 1.45 kg
Box dimensions (WxHxD): 19.5 x 30 x 19 (WxHxD) cm
Box weight: 1.7 kg

Logistic data
Country of origin: China
CTV code: 884348560

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www.philips.com

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