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HF3490

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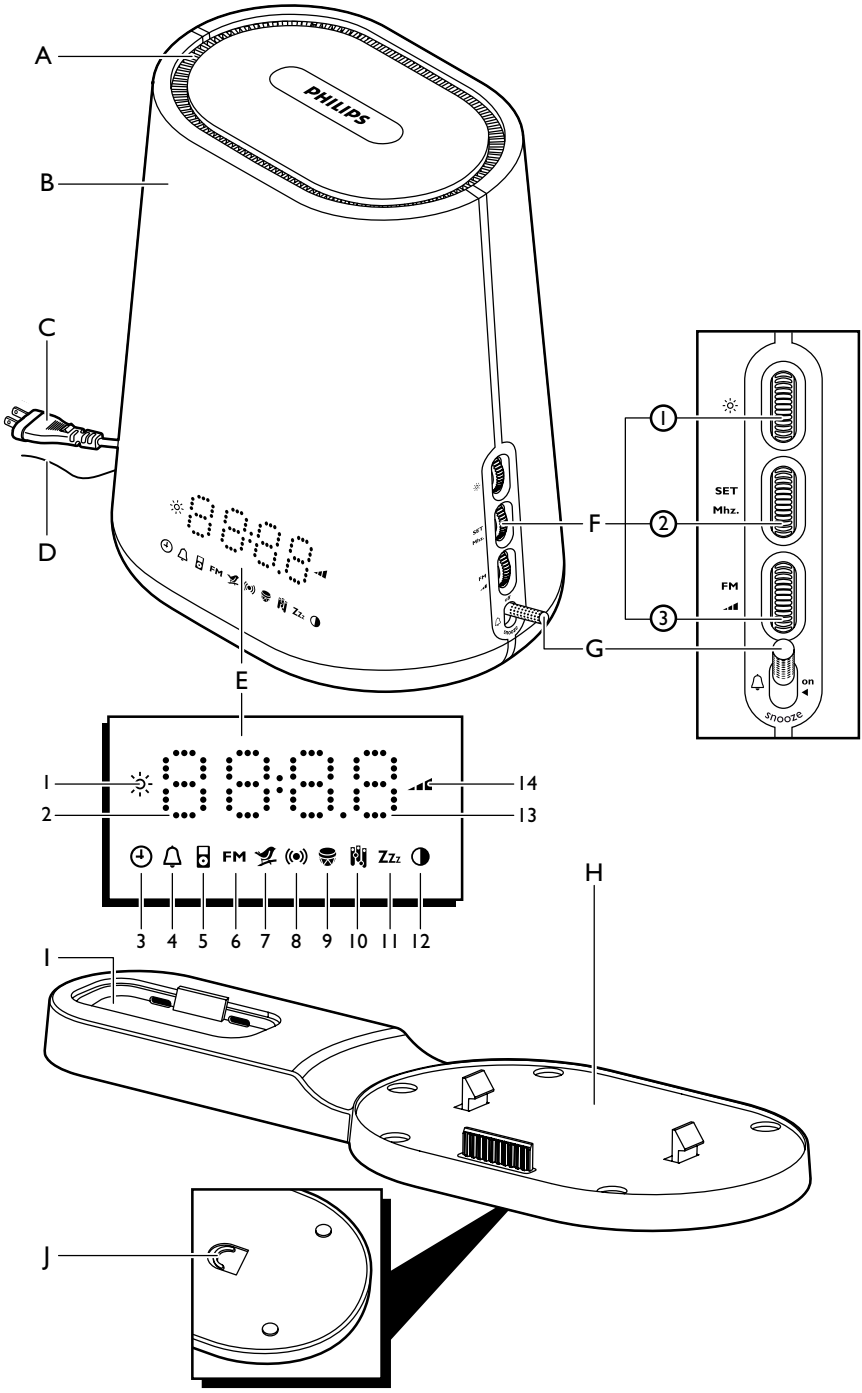
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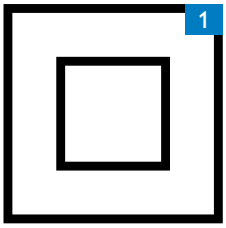
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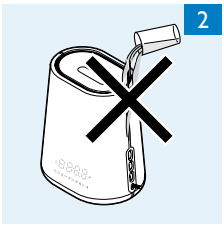
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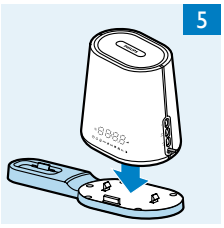
For indoor use only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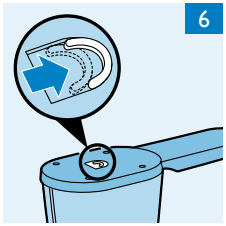
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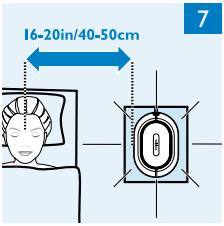
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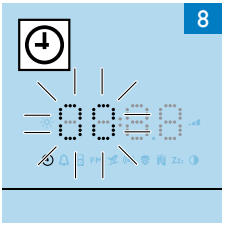
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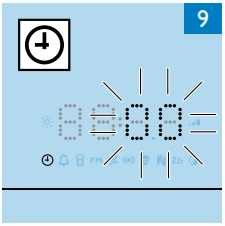
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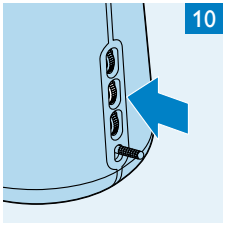
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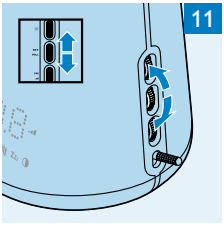
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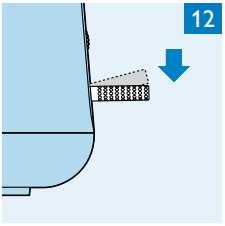
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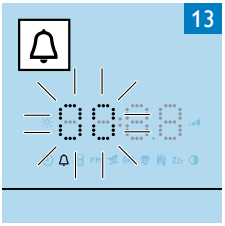
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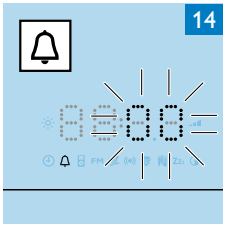
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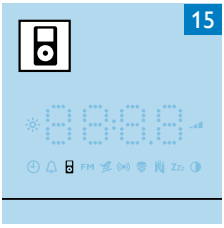
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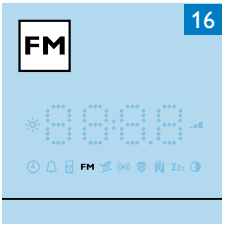
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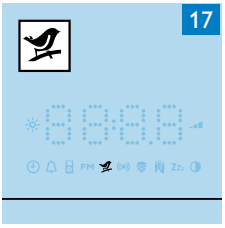
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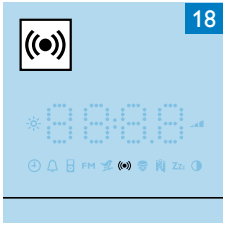
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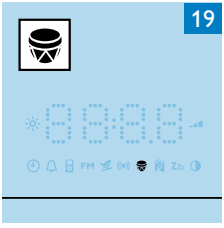
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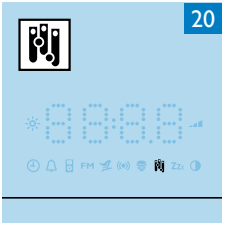
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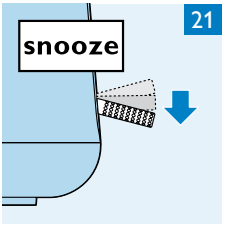
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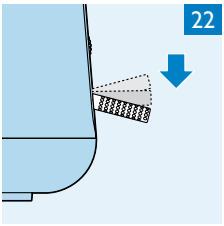
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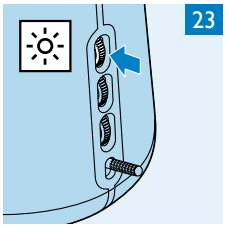
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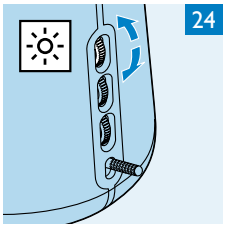
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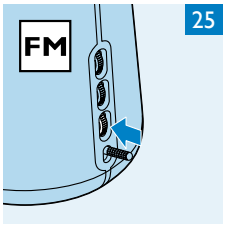
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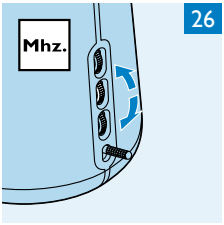
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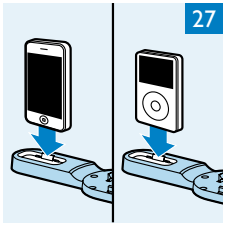
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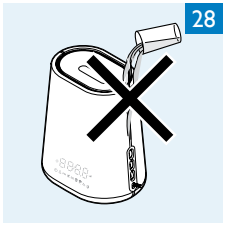
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IMPORTANT SAFETY INSTRUCTIONS

- This portable light has a polarized plug (one blade is wider than the other) as a feature to reduce the risk of electric shock. This plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Never use with an extension cord unless the plug can be fully inserted. Do not alter the plug.
- Read this user manual carefully before you use the appliance and save it for future reference.
- This appliance is double insulated according to Class II (Fig. 1).
- When using an electric appliance, basic precautions should always be followed, including the following:

Danger

- Water and electricity are a dangerous combination. Do not use this appliance in wet surroundings (e.g. in the bathroom or near a shower or swimming pool).
- Do not let water run into the appliance or spill water onto the appliance (Fig. 2).

Warning

- Check if the voltage indicated on the appliance corresponds to the local voltage before you connect the appliance.
- The appliance is suitable for voltages of 110V to 230V and frequencies of 50Hz to 60Hz.
- If the power cord is damaged, do not use the appliance. Call 1-866-832-4361 for assistance.
- Close supervision is necessary when this appliance is used by, or near children or invalids.
- Children should be supervised to ensure that they do not play with the appliance.
- This appliance is for indoor use only (Fig. 3).

Caution

- Do not drop the appliance or expose it to heavy shocks.
- Place the appliance on a stable, level and non-slippery surface.
- Do not use the appliance at room temperatures lower than 50°F/10°C or higher than 95°F/35°C.
- Make sure the vents in the top and in the bottom of the appliance remain open during use.
- Never use the appliance if the lamp housing or top cover is damaged, broken or missing.
- To prevent possible damage to the cord, do not wrap the cord around the appliance.
- Consult your doctor before you start using the appliance if you have suffered from or are suffering from serious depression.
- Do not use this appliance as a means to reduce your hours of sleep. The purpose of this appliance is to help you wake up more easily. It does not diminish your need for sleep.
- The appliance has no on/off switch. To disconnect the appliance from the power source, remove the plug from the wall outlet.
- Use this appliance for its intended household use as described in this manual. Do not use attachments not recommended by Philips Electronics North America Corporation.

SAVE THESE INSTRUCTIONS

General

- This appliance allows you to choose the light intensity level you want to wake up to (see section 'Using the lamp', chapter 'Using the appliance').
- If you often wake up too early or with a headache, reduce the light level.

- If you share a bedroom with someone else, this person may unintentionally wake up from the light of the appliance, even though this person is further removed from the appliance. This is the result of differences in light sensitivity between people.

FCC Information

- This device generates and uses radio frequency (RF) energy, and if not installed and used properly, this equipment may cause interference to radio and television reception. These rules are designed to provide reasonable protection against radio and television interference in a residential installation. However, there is no guarantee that interference will not occur in particular installations. If this equipment does cause interference to radio or television reception (which you can determine by unplugging the unit), try to correct the interference by one or more of the following measures: Reorient the receiving antenna (that is, the antenna for the radio or television that is "receiving" the interference). Move the unit away from the equipment that is receiving interference. Plug the unit into a different wall outlet so that the unit and the equipment receiving interference are on different branch circuits. If these measures do not eliminate the interference, please consult your dealer or an experienced radio/television technician for additional suggestions. Also, the Federal Communications Commission has prepared a helpful booklet, "How To Identify and Resolve Radio TV Interference Problem". This booklet is available from the U.S. Government Printing Office, Washington, DC 20402. Please specify stock number 004-000-00345-4 when ordering copies. This equipment has been type-tested and found to comply with the specifications in Subpart J of Part 15 of FCC Rules.

Introduction

Congratulations on your purchase and welcome to Philips! To fully benefit from the support that Philips offers, register your product at www.philips.com/welcome.
The Philips Wake-up Light helps you wake up more pleasantly. The light intensity of the lamp gradually increases to the set level in the 30 minutes before the set wake-up time. The light gently prepares your body for waking up at the programmed time. To make waking up an even more pleasant experience, you can use natural wake-up sounds, the FM radio or even music from your own iPod/iPhone. The Wake-up Light can be used as a speaker for your iPod/iPhone, which is charged automatically when it is connected to the Wake-up Light. You can use the dusk simulation function to have the Wake-up Light dim the light and sound gradually before they are completely switched off at the time you set.

Note: Only the HF3490 supports the iPod/iPhone function. The iPod/iPhone function is not supported by other Philips Wake-up Lights.

The effects of the Wake-up Light

The Philips Wake-up Light gently prepares your body for waking up during the last half hour of sleep. In the early morning hours our eyes are more sensitive to light than when we are awake. During that period the relatively low light levels of a simulated natural sunrise prepare our body for waking up and getting alert. People who use the Wake-up Light wake up more easily, have a better overall mood in the morning and feel more energetic. Because the sensitivity to light differs per person, you can set the light intensity of your Wake-up Light to a level that matches your light sensitivity for an optimal start of the day.
For more information about the Wake-up Light, see www.philips.com.

General description (Fig. 4)

A Vents
B Lamp housing
C Power cord
D Antenna
E Display
1 Light symbol
2 Hour indication of clock time/alarm time
3 Clock time symbol
4 Alarm symbol
5 iPod/iPhone symbol
6 Radio symbol
7 'Birds' sound symbol
8 'Beep' sound symbol
9 'African jungle' sound symbol
10 'Wind chimes' sound symbol
11 Dusk simulation symbol
12 Display brightness symbol
13 Minute indication of clock/alarm time
14 Sound level symbol
F Dials on the side of the appliance
1 Top dial: light on/off and light intensity
2 Middle dial: menu and radio frequency
3 Bottom dial: radio on/off and volume
G Control lever with 'alarm off', 'alarm on' and 'snooze' positions
H Base
I iPod/iPhone docking station
J Release slide

Preparing for use

Installing the appliance

Note: You can also use the Wake-up Light without the base. You only have to install the base when you want to use the Wake-up Light in combination with your iPod/iPhone.

1 Hold the Wake-up Light above the base.

Note: Make sure that the iPod/iPhone station is on the left side of the Wake-up Light.

2 Align the holes in the bottom of the Wake-up Light with the pins on the base. Then push the Wake-up Light onto the pins ('click') (Fig. 5).
- To remove the base, remove iPod/iPhone, turn the Wake-up Light upside down and push the release slide on the bottom of the base in the direction of the arrow. Then pull the base off the Wake-up Light (Fig. 6).

3 Place the Wake-up Light 16-20in/40-50cm from your head, for example on a bedside table (Fig. 7).

4 Put the plug in the wall outlet.
- The hour indication on the display starts flashing to indicate that you have to set the clock time (Fig. 8).

Setting the clock time

You cannot use the Wake-up Light until you have set the clock time.

1 When the hour indication on the display flashes, move the middle dial up or down to select the hour.

2 Press the middle dial gently and release it to confirm.
◗ The minute indication starts flashing (Fig. 9).

3 Move the middle dial up or down to select the minutes.

4 Press the middle dial gently and release it to confirm.
◗ The appliance leaves the menu and the display shows the set clock time.
The appliance is now ready for use.

Note: Every time you remove the plug from the wall outlet for more than approximately 15 minutes, you have to set the clock time again by following steps 1 to 4 above.

Note: To change the set clock time when the plug is still in the wall outlet, press the middle dial gently two times to enter the menu for setting the clock time. You are in the menu when the hour indication flashes. Then follow steps 1 to 4 above.

Using the appliance

Use this appliance for its intended household use as described in this manual.

Top and bottom dials

- With the top dial you can switch the lamp on or off and set the light intensity (see section 'Using the lamp' in this chapter).
- With the bottom dial you can switch the radio on or off and set the volume (see section 'Radio/volume' in this chapter).

Note: Press the dial gently and release it to switch on or off the light (top dial) or radio (bottom dial) and move the dial up or down to change the light intensity (top dial) or volume level (bottom dial).

Middle dial

The middle dial allows you to choose various functions from the menu. These functions appear in the menu in the following order:
- Clock time
- Alarm time
- Alarm sound
- Dusk simulation function
- Display brightness function

You can operate the middle dial in the following way:

1 Press the middle dial gently and release it to enter the menu (Fig. 10).

Do not press the dial too hard. If you do, the dial does not work.

2 Move the middle dial up or down to select a function (Fig. 11).

3 Press the middle dial gently and release it to enter this function.

4 Move the middle dial up or down to select an option in this function.

5 Press the middle dial gently and release it to confirm.

If you do not operate the dial for **5 seconds** when you are in the menu, the appliance automatically leaves the menu and displays the clock time again.

Setting the alarm

To set the alarm, you choose an alarm time and the type of sound you want to wake up to. The alarm is set when the alarm symbol and the alarm sound symbol are visible on the display.

Note: You can set the light intensity by moving the top dial up or down and you can set the alarm volume by moving the bottom dial up or down. If you do not want to wake up to the lamp or to a sound, select a light intensity or volume level of 0 (shown on the display as 'OFF'). See sections 'Using the lamp' and 'Radio/volume' in this chapter.

Tip: When you use the appliance for the first time, set the light intensity to 20. The moment you wake up, check which light intensity level the appliance has reached by slightly moving the top dial up or down. When you do this, the current alarm light intensity level appears on the display. Set the alarm light intensity to this level for the next day.

1 Push the control lever down to the middle position to switch on the alarm (Fig. 12).
◗ The hour indication of the alarm time flashes (Fig. 13).
◗ To adjust the alarm time, follow steps 2 to 5 below. If the alarm time is correct, just wait a few seconds.

2 Move the middle dial up or down to select the hour.

Note: You can only do this when the hour indication flashes. If this is not the case, push the control lever up and down again to enter the alarm time function.

Note: You can also use the middle dial to select the alarm time function and set the alarm time (see section 'Middle dial' in this chapter).

3 Press the middle dial gently and release it to confirm.
◗ The minute indication of the alarm time starts to flash (Fig. 14).

4 Move the middle dial up or down to select the minutes.

5 Press the middle dial gently and release it to confirm or wait for a few seconds.
◗ The appliance leaves the menu and the display shows the clock time.

The alarm time is now set.

Switching off the alarm

To switch off the alarm, push up the control lever to the top position.

Note: The lamp stays on. Press the top dial gently and release it to switch off the lamp.

Note: The alarm (sound and/or light) automatically switches off after 90 minutes.

Setting the alarm sound

Follow steps 1 to 5 in section 'Middle dial' in this chapter.
You can choose one of the following sounds:

- Music from your iPod/iPhone (see section 'Using your iPpod/iPhone as alarm sound' below) (Fig. 15).
- Radio (Fig. 16)
- Birds (Fig. 17)
- Beep (Fig. 18)
- African jungle (Fig. 19)
- Wind chimes (Fig. 20)

Using your iPod/iPhone as alarm sound

1 Place your iPod or iPhone in the iPod/iPhone station.

2 Select a wake-up song (or album/playlist) on your iPod/iPhone.
◗ This song starts playing.

3 Set your iPod/iPhone to pause position or switch it off.
◗ When you have selected your iPod/iPhone as alarm sound, the paused song starts playing at the set alarm time.

Note: If the iPod/iPhone is unable to play the selected song, you hear the bird alarm sound of the Wake-up Light at the set alarm time.

Snoozing

1 Gently push down the control lever to the bottom position when the alarm goes off (Fig. 21).
◗ The light continues to be on at the selected intensity level, but the alarm sound stops. After 9 minutes, the wake-up sound is automatically played again.

Note: The 9-minute snooze time is fixed. This time cannot be adjusted.

Note: If you push down the control lever with too much force, it may jump back to off position.

Alarm demonstration

If you want to get a quick demonstration (60 seconds) of the gradually increasing light level and sound level, activate the test function of the appliance.

1 Push the control lever down to the bottom position for a few seconds until TEST appears on the display (Fig. 22).

2 Push the control lever down again to stop the demonstration.

Note: The appliance continues to run the alarm demonstration until you push down the control lever again. The test automatically stops after 9 hours.

Using the lamp

You can use the top dial to switch on the lamp as a bedside lamp and to set the light intensity.

1 To switch on the lamp, press the top dial gently and release it (Fig. 23).

Note: It takes approx. 1 second for the lamp to go on. This is normal, the lamp needs to heat up.

Note: The lamp does not go on when you press the top dial while the appliance is in the menu.

2 Move the top dial up or down to select the light intensity level you prefer (Fig. 24).
You can choose a light intensity between 1 and 20.

Note: The light intensity you have selected is automatically set as the light intensity level for the alarm as well.

3 To switch off the lamp, press the top dial gently and release it.

Note: You can also move the top dial up or down to check and/or select a light intensity level without pressing the top dial first.

Radio/volume

1 To switch on the radio, press the bottom dial gently and release it (Fig. 25).

2 To select the desired radio frequency manually, move the middle dial up or down (Fig. 26).

Tip: To scan radio frequencies automatically, press and hold the middle dial for approx. 2 seconds.

Tip: To make sure you get a good radio signal, fully unwind the antenna and move it around until you have found a position at which reception is best.

3 To switch off the radio, press the bottom dial gently and release it.

Volume

1 To set the volume, move the bottom dial up or down to select the volume level you prefer.
You can choose a volume level between 1 and 20.

Note: The volume level you select is automatically set as the volume level for the alarm as well.

Note: The iPod/iPhone volume setting does not have an effect on the volume setting of the Wake-up Light speaker.

Using your iPod/iPhone with the Wake-up Light

With the base, you can use the Wake-up Light as a speaker for your iPod/iPhone. When you put the iPod/iPhone in the iPod/iPhone station, the iPod/iPhone is charged automatically.
The appliance is supplied with 4 iPod/iPhone-station adaptors to make sure that most common iPod/iPhone versions fit properly in the iPod/iPhone station.
You can use the base with the following iPods and iPhones:

- iPod nano 1G
- iPod nano 2G
- iPod nano 3G
- iPod nano 4G
- iPod Touch
- iPod Touch 2G
- iPod 5G (video) 30GB
- iPod classic 80GB/120GB
- iPod 5G (video) 60GB/80GB
- iPod classic 160GB
- iPhone
- iPhone 3G

Note: If you have an iPod/iPhone that does not fit into the iPod/iPhone station with one of the universal adaptors provided with this Wake-up Light, you can order an adaptor from Apple.

1 Place the Wake-up Light on the base (see section 'Installing the appliance' in chapter 'Preparing for use') (Fig. 5).

2 If necessary, place one of the adaptors in the iPod/iPhone station.

3 Place your iPod or iPhone in the iPod/iPhone station (Fig. 27).
◗ The word 'iPod' appears on the display and the iPod symbol flashes for 3 seconds.
◗ After 3 seconds, the word 'iPod' and the iPod symbol disappear from the display.

Note: If you have selected your iPod/iPhone as the alarm sound, the iPod symbol stays on the display.

4 To play music from your iPod/iPhone, you can operate the iPod/iPhone as you normally would. If you do not know how to use your iPod/iPhone, follow the instructions in the user manual supplied with your iPod/iPhone.
◗ The music on your iPod/iPhone comes out of the speaker of the Wake-up Light.
◗ Your iPod/iPhone is charged automatically when it is in the iPod/iPhone station.

Note: To set the music on your iPod/iPhone as alarm sound, follow the instructions in section 'Setting the alarm sound' in this chapter.

Note: The iPod/iPhone volume setting does not have an effect on the volume setting of the Wake-up Light speaker. To set the volume, move the bottom dial of the Wake-up Light up or down to select the volume level you prefer.

Note: When you have connected your iPhone to the Wake-up Light and a call comes in, the music or the radio goes out and the default ringtone of the iPhone comes out of the speaker of the Wake-up Light.

Dusk simulation function

Select the dusk simulation function if you want the light and/or the sound of the Wake-up Light to stay on and dim gradually during a set period of time (15 minutes to 2 hours) before you go to sleep. The lamp and/or sound switch off automatically after the set time.

1 Follow steps 1 to 5 in section 'Middle dial' in this chapter to select the dusk simulation function and to set the dusk simulation time.

Note: You can choose a time from 15 to 120 minutes (15, 30, 60, 90 or 120 minutes).
◗ After the set time, no matter whether only the light and/or the radio or your iPod/iPhone music are on, the appliance switches off both light and sound.

Display brightness function

Select the display brightness function if you want to adjust the brightness of the display.

1 Follow steps 1 to 5 in section 'Middle dial' in this chapter to select the display brightness function and to set the display brightness.
You can choose a display brightness from 1 to 4.

Cleaning and maintenance

Never use scouring pads, abrasive cleaning agents or aggressive liquids such as alcohol or acetone to clean the appliance.

Regularly remove dust from the outside of the appliance with a dry cloth.

1 Always unplug the appliance before you clean it.

2 Clean the outside of the appliance with a dry cloth.

Do not let water run into the appliance or spill water onto the appliance (Fig. 28).

This appliance has no other user-serviceable parts. For assistance, call 1-866-832-4361.

Storage

- If the appliance will not be used for an extended period of time, remove the power cord from the wall outlet and store the appliance in a safe, dry location where it will not be crushed, banged, or subject to damage.
- Do not wrap the power cord around the appliance when storing it.

Disposal

- Dispose of the appliance in accordance with local regulations.
- Your local or national recycling organizations may also have disposal information.
- For assistance, call 1-866-832-4361.

Assistance

For assistance call toll free: 1-866-832-4361 or visit our website: www.philips.com.

45-Day Money-Back Guarantee

If you are not fully satisfied with your Philips Wake-up Light, send the product back along with the original dated sales receipt and we will refund you the full purchase price.
The Wake-up Light must be shipped prepaid by insured mail, insurance prepaid, and have the original sales receipt, indicating purchase price and the date of purchase, enclosed. We cannot be responsible for lost mail. The Wake-up Light must be postmarked no later than 45 days after the

date of purchase. Philips reserves the right to verify the purchase price of the Wake-up Light and limit refunds not to exceed suggested retail price.
To obtain a Money-Back Guarantee Return Authorization form, call 1-866-832-4361. Please allow 4-6 weeks for delivery of the check.

Full Two-Year Warranty

Philips Electronics North America Corporation (USA) and Philips Electronics Ltd (Canada) warrant each new Philips product, model HF3490 against defects in materials or workmanship for a period of two years from the date of purchase, and agree to repair or replace any defective product without charge. IMPORTANT: This warranty does not cover damage resulting from accident, misuse or abuse, lack of reasonable care, or the affixing of any attachment not provided with the product. NO RESPONSIBILITY IS ASSUMED FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES.
In order to obtain warranty service, simply call toll-free 1-866-832-4361.
In US Manufactured for: Philips Consumer Lifestyle, A Division of Philips Electronics North America Corporation, 1600 Summer Street - 5th Floor, Stamford, CT 06905-5125.
In Canada Imported for: Philips Electronics LTD, 281 Hillmount Road, Markham, Ontario L6C 2S3.
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Troubleshooting

This chapter summarizes the most common problems you could encounter with the appliance. If you are unable to solve the problem with the information below, call 1-866-832-4361 for assistance.

Problem	Solution
The appliance does not work at all.	Perhaps the plug is not inserted properly in the wall outlet. Put the plug properly in the wall outlet.
	Perhaps there is a power failure. Check if the power supply works by connecting another appliance.
The appliance functions properly, but the lamp does not work anymore.	Perhaps the lamp has reached the end of its life. The lamp has an expected life of more than 10,000 hours (more than 7 years of normal use). The life depends on the use of the appliance. In case of heavy use, the lamp may not last as long as you expect. The lamp is not replaceable. If the lamp stops working, call 1-866-832-4361 for assistance.
The appliance becomes hot during use.	This is normal, as the appliance is heated up by the light of the lamp and the electronics.
The appliance does not respond when I try to press or move the dials.	Remove the plug from the wall outlet and reinsert it. If you reinsert the plug within approximately 15 minutes, the appliance remembers all settings. If you reinsert the plug after a longer period of time, the appliance remembers all settings except the time.

Problem	Solution
The lamp does not go on when the alarm goes off.	Perhaps you set a light intensity level that is too low. Increase the light intensity level.
	Perhaps you switched off the alarm by setting the control lever to the top position. To switch on the alarm, set the control lever to the middle position.
	Perhaps the appliance is defective. Call 1-866-832-4361 for assistance.
The lamp does not go on right away when I switch it on.	It takes approx. 1 second for the lamp to go on. This is normal, the lamp needs to heat up.
I do not hear the alarm sound when the alarm goes off.	Perhaps you set a sound level that is too low. To set a higher sound level, see chapter 'Using the appliance', section 'Radio/volume'.
	Perhaps you switched off the alarm by setting the control lever to the top position.
	If you selected the radio as the alarm sound, the radio may be defective. Switch on the radio after you switch off the alarm to check if the radio works. If it does not work, call 1-866-832-4361 for assistance.
The radio does not work.	The radio may be defective. Call 1-866-832-4361 for assistance.
The radio produces a crackling sound.	Perhaps the broadcast signal is weak. Move the middle dial up or down to adjust the frequency and/or change the position of the antenna by moving it around. Make sure you have unwound the antenna completely.
The alarm went off yesterday, but it did not go off today.	Perhaps you switched off the alarm by setting the control lever to the top position.
	Perhaps you set a sound level and/or light intensity level that is too low. Set a higher sound and/or light intensity level.
	Perhaps there was a power failure that lasted more than approximately 15 minutes. In this case the appliance has remembered all settings except the clock time. The clock time therefore flashes on the display. Set the correct clock time.
The alarm did not go off 9 minutes after I pushed the control lever down to snooze.	Perhaps you pushed the control lever down with so much force that it jumped to off position.
	Perhaps you set the volume level to 0 (shown on the display as 'OFF').
The light wakes me too early.	Perhaps the light intensity level you have set is not appropriate for you. Try a lower light intensity level if you wake up too early. If light intensity 1 is not low enough, move the appliance further away from the bed.

Problem	Solution
The light wakes me too late.	Perhaps the appliance is positioned at a lower level than your head. Make sure the appliance is located at a height at which the light is not blocked by your bed, comforter/blanket or pillow. Also make sure the appliance is not placed too far away.
The lamp flashes.	Perhaps there has been a power failure. It is normal for the lamp to flash after a power failure.
	Perhaps the appliance is not suitable for the voltage to which it is connected. Make sure that the voltage indicated on the appliance corresponds to the local voltage.
The iPod/iPhone was not charged after I placed it in the iPod/iPhone station.	Perhaps you did not place the iPod/iPhone properly in the iPod/iPhone station. Make sure you place the iPod/iPhone correctly in the iPod/iPhone station. See chapter 'Using the appliance', section 'Using the iPod/iPhone'.
	Perhaps you had not placed the Wake-up Light properly on the base. Make sure you place the Wake-up Light properly on the base. Make sure that the power cord and/or the antenna are not stuck between the base and the Wake-up Light.
	Perhaps the plug of the Wake-up Light is not inserted properly in the wall outlet. Put the plug properly in the wall outlet.
	Perhaps there has been a power failure.
The music played by the iPod/iPhone does not come out of the speaker of the Wake-up Light.	Perhaps you did not place the iPod/iPhone properly in the iPod/iPhone station. Make sure you place the iPod/iPhone correctly on the iPod/iPhone station. See chapter 'Using the appliance', section 'Using the iPod/iPhone'.
	Perhaps you set a sound level that is too low. Set a higher sound level. See chapter 'Using the appliance', section 'Radio/volume.
The alarm sound with the iPod/iPhone music did not work.	Perhaps the playlist in your iPod/iPhone is empty. Make sure you put your favorite music in the playlist.
	Perhaps you did not select the iPod/iPhone as the alarm sound. Select the iPod/iPhone as alarm sound when you set the alarm. See chapter 'Using the appliance', section 'Setting the alarm sound'.
The controls on iPod/iPhone did not work.	Perhaps the iPod/iPhone was not working properly. Try to restart the iPod/iPhone.

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