



Philips
Wake-up Light

Sunrise Simulation

3 natural sounds
FM radio and Reading lamp



HF3510/01

Wake up naturally

with a Wake-up Light that gradually wakes you up

Inspired by nature's sunrise the Philips Wake-up Light uses a unique combination of light therapy and sound to wake you in a more natural way. Making it easier to get out of bed, ready for the day ahead

Natural light wakes you gradually

- Sunrise Simulation wakes you gradually
- Dimming light and sound gently send you off to sleep
- 20 brightness settings to fit your personal preference

Natural sounds wake you gently

- Choice of 3 different natural wake up sounds
- FM radio lets you wake up with your favourite radio show

Naturally proven to work

- The only Wake-up Light clinically proven to work
- Developed by Philips, experts in light for over 100 years.
- 92% of users agree that it is easier to get out of bed



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Highlights

Sunrise Simulation



Inspired by nature's sunrise, light gradually increases within 30 minutes until your room is filled with bright yellow light. This process of changing an increasing light stimulates your body to wake up naturally. By the time light has filled the room your chosen natural sound completes the wake up experience, leaving you ready for the day ahead.

3 natural sounds



At your set wake up time natural sound will play to complete the wake up experience and ensure you are awake. The selected sound gradually increases in volume to your selected level within one and a half minutes. There are three natural sounds you can choose from: Bird Song, Birds in the forest and Zen Garden.

FM Radio



Listen to your favourite radio show while you are waking up.

Sunset Simulation



Sunset simulation is a light therapy used before you go to sleep. Sunset simulation prepares your body to fall asleep by gradually decreasing light and sound to your set duration.

Proven by scientists



At this moment in time the Philips wake-up light is the only one scientifically proven to

work. In order to make the Wake-up Light the best possible product it can be in genuinely waking you up naturally and energised we have done a lot of clinical research. This research was conducted by independent science facilities to study and prove the effects of the wake-up light on the overall wake-up experience. This way we have proven, among other things, that the Philips Wake-up Light not only wakes you more naturally, but also more energised and that it improves your mood in the morning.

Developed by Philips



Philips was founded over 100 years ago as a company that produced and sold light bulbs. Over 100 years Philips grew into a global company that brings innovation in lots of different areas. To this day lighting still is the soul of Philips. The Wake-up Light is proud to continue its heritage by building on years of knowledge and expertise of the world's most well-known lighting expert.



Philips Green Logo

Philips Green Products can reduce costs, energy consumption and CO2 emissions. How? They offer a significant environmental improvement in one or more of the Philips Green Focal Areas — Energy efficiency, Packaging, Hazardous substances, Weight, Recycling and disposal and Lifetime reliability.

Specifications

Easy to use

- Anti-slip rubber feet
- Snooze type: Snooze button
- Display brightness control: 4 settings
- In-store demo function
- Number of alarm times: 1
- Snooze button for sound: 9 minute(s)
- Charges iPhone/iPod Touch: No
- Controlled by iPhone/iPod App: No

Sound

- FM radio
- Number of Wake-up Sounds: 3
- Music from smartphone/iPod: No

Well-being by light

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

Natural light

- Brightness settings: 20
- Coloured sunrise simulation: No, Plain yellow

- Light intensity: 300 Lux
- Sunset simulation

Technical specifications

- Cord length: 150 cm
- Frequency: 50/60 Hz
- Insulation: Class III
- Insulation Power plug: Class II (double isolation)
- Power: 16.5 W
- Power Output Adapter: 12 W
- Type of lamps: Lumiled Luxeon Rebel
- Voltage: 100/240 V

Weight and dimensions

- Country of origin: China
- Power Plug weight: 99 grams
- Product dimensions: 19.2 (height) x 19.9 (diameter) x 14.6 (depth) cm
- Product weight: 0.813 kg

Safety and Regulations

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

