



Philips
EnergyLight

Natural white light

Corded & angle adjustment
10,000 lux light intensity
Treatment time indicator



HF3418

Feel more energized with light, naturally

Natural white light energizes like bright daylight

Philips EnergyLight is an energy light that uses the natural power of daylight to improve energy levels and mood. Just 20-30 minutes a day is all it takes to feel more energized, active and alert, helping you to perform whenever you need to

Clinically proven: energizes naturally with light

- Improves energy levels, alertness and mood
- Fights energy dips, fatigue and winter blues
- 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



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Highlights

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 clinically proven to improve vitality and energy levels, and to help fight fatigue and winter blues. 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.

Clinically proven benefits

EnergyUp is clinically proven to increase energy levels, help fight winter blues [1] and be effective against winter depression [2, 3, 4]. It is known that bright white light reduces fatigue and increases alertness [5], as well as improving vitality and well-being [6] when used in the workplace. Increasingly, light treatment is the first choice for seasonal mood and energy problems [7, 8, 9, 10] and is proven to fight winter blues [1, 11]. In a workplace study, those affected reported improved mood, energy, alertness and productivity when exposed to bright light [11].

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.

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.

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 'winter blues' (or sub-syndromal seasonal affective disorder, sub-SAD), 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 EnergyUp fights these symptoms of winter fatigue with the natural energizing power of sunlight, sustaining the body with summer vitality throughout the dark winter months.

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 alertness. With just a single 20-30 minute session 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.



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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

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

Weight and dimensions

- Product dimensions: 29,4 x 37,6 x 4,1 cm
- Product weight: 2,0 kg
- F-box weight: 3,0 kg
- F-box dimensions: 31,7 x 41,4 x 11,2 (WxHxD) cm
- Master carton: 2

Logistic data

- Country of origin: China

Easy positionable

- Adjustable angle
- Wall-mounting option

Comfortable light

- 10,000 lux
- Even screen luminance

Well-being by light

- Increase alertness
- Increase energy level
- Fight winter blues/ depression
- Lift your mood
- Feel more rested

Technical

- Frequency: 50/60 Hz
- Type of Lamp: High power LED
- Voltage: 100/240 V
- Cordlength: 210 cm
- Power adapter: 24W

Safety and Regulations

- UV-free: No UV or near UV radiation
- CE 0344 Certified
- Complies to IEC 60601-1 Ed. 3
- Medical Device Directive: 93/42/EEC and 2007/47/EC



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