

# PHILIPS

Wake-up light: sunrise  
alarm clock with 7 sounds

SmartSleep

Coloured Sunrise Simulation

7 Natural Sounds and FM Radio

Tap Snooze and Reading Lamp

Midnight Light Function



HF3531/01



## Wake up naturally

with a Wake-up Light and a coloured sunrise

Inspired by nature's sunrise the Philips Wake-up Light uses a unique combination of light and sound to wake you in a more natural way. The colour of the morning light changes from soft dawn reds to warm orange to bright yellow light.

### Natural light wakes you gradually

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

### Natural sounds wake you gently

- FM radio lets you wake up with your favourite radio show
- Choice of 7 different natural wake-up sounds

### Naturally designed around you

- Display automatically dims itself when the bedroom gets dark
- A soft light to guide you in the dark
- Just tap the top of the product to snooze

### Naturally 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
- The only Wake-up Light clinically proven to work

# Highlights

## Coloured Sunrise Simulation



Inspired by nature's sunrise, light gradually increases within 30 minutes from soft morning red through orange 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.

## Midnight Light Function



The midnight light function of the Wake-up Light is designed to provide just enough light to find your way in the dark. While regular bedside lights use bright light, the midnight light uses a dim, subtle, orange light. This softer tone of light is ideal for minimising the disturbance of your night's sleep. Moreover, you can effortlessly activate the midnight light by tapping the top of the device twice. To deactivate this function, tap the top of the device twice again.

## 7 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 seven natural sounds you can choose from: Forest day-forest birds, Buddha, Yoga, Ocean Waves, Nepal Bowls, Morning Alps and Summer Lake.

## Intuitive Dimming Display



The brightness of the display adjusts itself. If the bedroom is filled with light, the brightness increases to keep the display readable. When the bedroom is dark the brightness dims so it doesn't light up your bedroom when you are trying to sleep.

## Tap Snooze



A slight tap on top of the Wake-up light sets snooze mode. After 9 minutes, the sound will gently start playing again.

## 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.

## Dusk Simulation and Nature Sounds



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 nature sounds or FM radio) to your set duration.

# Specifications

## Sound

Number of Wake-up Sounds: 7  
Music from smartphone/iPod: No  
FM Radio

## Technical specifications

Voltage: 100/240 V  
Cord length: 150 cm  
Power: 16.5 W  
Frequency: 50/60 Hz  
Insulation: Class II  
Type of lamps: LEDs  
Power Output Adapter: 12 W  
Time back-up: 4 to 8 hours

## Weight and dimensions

Product dimensions: 19.2 (height) x 19.9 (diameter) x 14.6 (depth) cm  
Country of origin: China  
Power Plug weight: 99 grams  
Product weight: 730 grams g

## Easy to use

Anti-slip rubber feet  
Display brightness control: Self-adjusting  
Snooze type: Smart snooze  
Instore demo function  
Number of alarm times: 2 alarms  
Controlled by iPhone/iPod App: No  
Charges mobile phone  
Tap snooze for sound: 9 minutes

## Well-being by light

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

## Natural light

Sunrise simulating process: adjustable 20–40 minutes  
Brightness settings: 20  
Coloured sunrise simulation: Yes. Red, to orange to yellow  
Light intensity: 300 Lux  
Sunset simulation and nature sounds

## Safety and Regulations

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

