



Philips
Wake-up Light

Natural sounds



HF3465/01

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. From now on waking up will be a pleasant experience.

Soft rising light and sound wakes you gradually

- Soft rising light wakes you gradually
- Up to 250 lux for natural awakening
- 1 natural and pleasant wake-up sound

Easy to use

- 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
- 100 years of Philips expertise in light technology

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Highlights

Light wakes you gradually



The light intensity from your wake-up light gradually increases 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.

1 natural wake-up sound



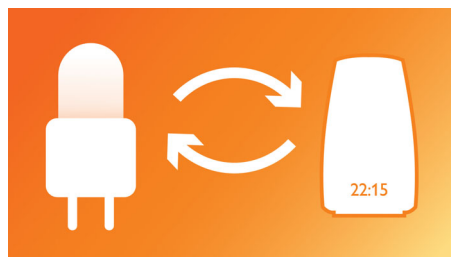
At your set wake-up time, you will hear a gentle beep. It starts out quietly and takes a minute and a half to reach the volume level you selected. The gradually increasing sound will make the wake up process even more pleasant, ensuring you're never rudely awakened

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 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 is a more pleasant way to wake up, and improves the quality of waking up.

Philips expertise



Brought to you by Philips, who has over 100 years of leadership in light therapy technology.

Specifications

Well-being by light

- Wake-up gradually
- Increase alertness

Comfortable light

- Sunrise simulating process: 30 minute(s)
- Brightness settings: 20
- Light Intensity dimmer: Yes, 20 levels
- Light intensity: 0-250 Lux at 40-50 cm
- Replaceable lamp

Sound

- Number of Wake-up Sounds: 1

Easy to use

- Display brightness control: 4 settings
- On/off button
- Number of alarm times: 1
- Snooze button for sound: 9 minute(s)
- Anti-slip rubber feet
- Snooze type: Snooze button
- Electricity back-up function: 15 minute(s)
- In-store demo function

Safety

- UV-free: UV-free

Technical specifications

- Power: 85 W
- Voltage: 230 V
- Frequency: 50 Hz
- Insulation: Class II (double isolation)
- Lifetime of lamps: expected > 4000 hours
- Type of lamps: Philips Halogen Lamp 100 W, 12 V, 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 (W x H x D): 19.5 x 30 x 19 (W x H x D) cm
- Box weight: 1.7 kg

Logistic data

- Country of origin: China
- CTV code: 884346501



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