

Philips
Wake-up Light

HF3470



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
- Choice of 2 natural and pleasant wake-up sounds

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 in 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.

2 natural wake-up sounds



At your set wake-up time, you will start hearing a natural sound or the selected radio station. It starts out quietly and takes a minute and a half

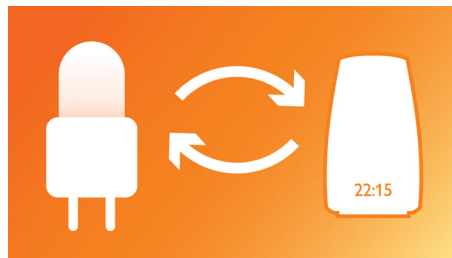
to reach the volume level you selected. There are two sounds you can choose from: morning birds and beep sound. The gradually increasing sound will make the wake up process even more pleasant, ensuring you're never rudely awakened.

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 the 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 wakes you up more pleasantly 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.



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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

Well-being by light

- Wake-up gradually
- Increase alertness

Sound

- FM radio
- Number of Wake-up Sounds: 2

Easy to use

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

Safety

- UV-free: UV-free

Technical specifications

- Power: 85 W
- Voltage: 120 V
- Frequency: 50 Hz

- Insulation: Class II (double isolation)
- Lifetime of lamps: expected >4.000 hours
- Type of lamps: Philips Halogen Lamp 100W, 12V, GY6.35
- Cord length: 200 cm
- Insulation Powerplug: N/A
- Power Output Adapter: N/A

Weight and dimensions

- Product dimensions: 25.2 (height) x 17.0 (diameter) cm
- Product weight: 1.45 kg
- Box dimensions (WxHxD): 19.5 x 30 x 19 (WxHxD) cm
- Box weight: 1.7 kg
- Country of origin: China
- Power Plug weight: N/A

Natural light

- Brightness settings: 20
- Colored sunrise simulation: No, Plain yellow
- Light intensity: 250 Lux
- Sunrise simulating process: 30 minutes
- Sunset simulation: No



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