

# PHILIPS

## Sleep and Wake-Up Light

### SmartSleep

Simulated sunrise and sunset

RelaxBreathe to sleep

Multiple lights and sounds

Formerly known as Somneo

HF3650/60



## Fall asleep relaxed.

Wake up refreshed.

The Sleep and Wake-Up Light designed to help you relax and wake up refreshed. With light-guided breathing and personalized sun settings, join the 92% of users who found it easier to get out of bed.(1)

#### Natural sunrise and sunset simulation

- Simulate a natural sunrise to wake up refreshed
- The Wake-Up Light clinically proven to work

#### RelaxBreathe: Light-guided wind-down breathing

- Light-guided breathing helps you relax to sleep
- Sunset simulation prepares your body for sleep

#### Choose your night and morning

- Choose the sound or music you wake up to
- Select the brightness level that's right for you

#### Designed for style and function

- A soft light to guide you in the dark
- Just tap the top of the product to snooze
- Smart touch display for easy device control



[asimpleswitch.com](http://asimpleswitch.com)

# Highlights

## Simulate natural sunrise



The Sleep and Wake Up Light gradually increases before your alarm time. Over the course of 30 minutes, the simulation will start off a soft morning red and gradually increase to orange, until your room is filled with bright yellow light. This creates a natural stimulation to wake up, while your body is still asleep. By the time light has filled the room, natural sounds or FM radio completes your wake up experience, leaving you ready for the day.

## Sunset simulation to sleep



The sunset simulation program prepares your body to sleep by gradually decreasing light and optional sound to your set duration, gently helping you to relax before you fall asleep.

## With RelaxBreath for sleep



Inspired by well-known breathing and relaxation exercises our light-guided wind-down function is designed to help get you to sleep by helping you decompress from the day's activities and unwind. Follow one of seven rhythms of light intensity or sound with

your breathing while keeping your eyes closed for a calm and peaceful transition from your day to your dreams

## Midnight and reading light



When turned on in the middle of the night, the Connected Sleep and Wake Up Light provides a soft light that is just enough to let you find your way in the dark – without jarring your senses. The midnight light can be easily activated and de-activated with a few simple taps on the clock.

## Smart touch display



Our seamlessly integrated multi-level touch display lets you set your chosen parameters intuitively and fast. Just approach the display with your hand and control your light with a touch on the buttons. The light will adjust the brightness of the display automatically to the light level in your room. You also have the option to switch off the display completely.

## Tap to snooze



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

## Multiple brightness settings



Sensitivity to light differs from person to person – a brightness level that could instantly wake you might not budge someone else. Multiple light settings let you choose which intensity level is just right for you. In general, when the brightness is set to a higher light intensity a person needs less time to become fully awake. When you are not sleeping, the wake up light becomes an adjustable bedside or reading light.



2018 IF award Somneo  
Design awardIF



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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

## Product details

App enabled w/ alarm scheduler: No  
AmbiTrack bedroom monitoring: No  
Anti-slip rubber feet  
Charges mobile phone  
Control by Smartphone: No  
Cord length: 5 feet  
Dimensions: 8.8 x 8.6 x 4.7 inches  
Weight: 1.98 pounds  
Type of lamp: LED

## Alarm

PowerWake alarm: No  
Snooze type: Smart Snooze  
Tap snooze for sound: 9 minutes

## Sound

Number of Wake-up Sounds: 7  
Number of relaxation sounds: 3  
AUX entry  
FM radio

## Light

Sun themes: 1  
Midnight light  
Display brightness control: Self adjusting

Number of Brightness settings: 25

Light colors: white, orange, yellow, amber  
Max Lux level: 310

## Technical Specification

Frequency: 50/60Hz  
Power Output adapter: 18W  
UV-free  
Voltage: 10-240 VAC  
Country of Origin: China

