



Sleep and Wake-Up Light

- Simulated sunrise and sunset
- RelaxBreathe to sleep
- Multiple lights and sounds
- Midnight light & AUX cable

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)

Benefits

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

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

Choose your night and morning

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

Designed for style and function

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

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Features

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.

Multiple sound & music options



Wake up to nature sounds, ambient music or your favorite local FM radio station. At your set wake up time your selected sound will start to play softly, and gradually increase in volume to your pre-set level within a few minutes. The transition from sleep to waking is gentle, but intended to eventually get you fully awake. Connect your mobile device or tablet to the AUX port to turn the light into a speaker.

Clinically validated



Philips wake-up lights are clinically proven to improve your general wellbeing after waking up. Several independent studies have shown that our wake-up light improves the quality of waking up, improves your mood and makes you

Somneo

feel more refreshed in the morning. 92% of users say our wake-up light wakes them up pleasantly, while 88% of users say that the wake-up light is a better

way to wake up than how they did before.* In addition, 92% of users find it easier to get out of bed**

Specifications

Please note that this is a pre-sales leaflet. The contents of this leaflet reflect the best of our knowledge per date and country mentioned above. The contents of this leaflet are subject to change without notice. Philips does not accept any liability as to the contents of this leaflet.

Product details

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

Number of relaxation sounds	3
AUX entry	Yes
FM radio	Yes

Light

Sun themes	1
Midnight light	Yes
Display brightness control	Self adjusting
Number of Brightness settings	25
Light colors	white, orange, yellow, amber
Max Lux level	310

Alarm

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

Technical Specification

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

Sound

Number of Wake-up Sounds	7
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* 1. Blauz Research 2008, N=471 users



data subject to change
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