

Philips Somneo  
Sleep and Wake-Up Light  
with With RelaxBreathe for  
sleep

Simulated sunrise and sunset

RelaxBreathe to sleep  
Multiple lights and sounds  
Midnight light & AUX cable

HF3651/60



## The Wake-Up Light that helps you sleep

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. From the sleep experts and makers of the leading global Wake-Up Light sold.

### 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
- Modern design adds style to your bedroom



**PHILIPS**

## Sleep and Wake-Up Light

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# 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.

### With RelaxBreathe 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

### Sunset simulation to sleep



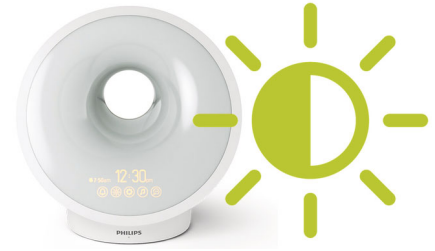
The sunset simulation program prepares your body to sleep by gradually decreasing light and optional sound to your set duration, gently helping you to relax before you fall asleep.

### 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.

### 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 award  
IF



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

### 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.

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# Specifications

### Easy to use

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

### Weight and dimensions

- Product weight: including adapter 0.9 kg
- Product dimensions (W x D x H): 225x220x120 mm

### Technical specifications

- Frequency: 50/60 Hz
- Voltage: 100-240 VAC
- Cord length: 1.5 m
- Power Output Adapter: 18W

- Housing back color: Shiny white
- Type of lamp: LED

### Sound

- FM radio
- Number of Wake-up Sounds: 8
- AUX entry
- Number of relaxation sounds: 3

### Light

- Brightness settings: 25
- Light colors: white, orange, yellow, amber
- Max Lux level: 315
- Sun themes: 1

### Safety and Regulations

- UV-free
- Country of origin: China



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\* \*(Blauw Research 2008, N=477 users)  
\* \*\* (Metrixlab 2011, N=209 users)