



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 refresh

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.

### 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

- 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

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## Features

### Simulate natural sunrise



Inspired by nature's sunrise, light gradually increases before your wake time from soft morning red through orange, until your room is filled with bright yellow light. The process of changing and increasing light is designed to stimulate your body to wake up naturally, as light gently prepares your body for waking up while you are still asleep. By the time light has filled the room, your selected natural sound or radio station completes the wake up experience, leaving you ready for your day.

### 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

### 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.

### Midnight and reading light



The ideal lux level lets you read comfortably before sleeping. When using RelaxBreath or the sunset simulation, the auto shut-off will turn the light off after a set timeframe. While you are sleeping, the illuminated clock completely dims to darken your room. When turned on the middle of the night, it provides just enough light to find your way in the dark, letting you get in and out of bed without a jarring brightness to your senses. Easily set personalized controls for your light intensity and alarm scheduler.

### Tap to snooze



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

### 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. Optionally, you can also switch off the display completely.

### Modern design



Sleek and stylish design evokes the shape of the sun. Functional elements are hidden and setting controls are accessed by touchscreen on the surface of the

## Somneo

light-backlit by LED and visible when activated-giving a smooth, streamlined look. The delicate, contemporary design fits into most any décor.

### 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 feel more refreshed in the morning. Ninety-two percent 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.

### Easy to use

Anti-slip rubber feet	Yes
Number of alarm times	2
Snooze type	Smart snooze
Display brightness control	Self adjusting
Instore demo function	Yes
Charges mobile phone	Yes
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	Yes
Number of Wake-up Sounds	8
AUX entry	Yes
Number of relaxation sounds	3

### Light

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

### Safety and Regulations

UV-free	Yes
Country of origin	China

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

\*\* \*(Metrixlab 2011, N=209 users)



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