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Philips HF3500/01

Philips Wake-Up Light Alarm Clock HF3500/01 User Manual

Model: HF3500/01

INTRODUCTION

The Philips Wake-Up Light HF3500/01 is designed to ease you into your day by simulating a natural sunrise. This device combines light therapy with an alarm function to promote a more natural waking experience. It is clinically proven to improve morning functionality and make it easier to get out of bed.



Image: Front view of the Philips Wake-Up Light Alarm Clock HF3500/01 displaying 07:30 AM.

SETUP

- 1. Unpacking:** Carefully remove all components from the packaging. Ensure the Wake-Up Light, power adapter, and user manual are present.
- 2. Placement:** Place the Wake-Up Light on a stable, flat surface such as a bedside table. Position it so the light can reach your eyes while you are in bed.
- 3. Power Connection:** Connect the power adapter to the device and then plug it into a wall outlet. The display will illuminate.
- 4. Setting the Time:**
 - Locate the time setting button (usually on the side or back).
 - Use the '+' and '-' buttons to adjust the hours and minutes.
 - Confirm the time setting by pressing the time setting button again.



Image: Side view of the Philips Wake-Up Light HF3500/01, highlighting the power input and control buttons.

OPERATING INSTRUCTIONS

Sunrise Simulation

The sunrise simulation feature gradually increases light intensity over 30 minutes before your set alarm time. The light transitions from a dim yellow to a bright yellow (up to 200 lux), mimicking a natural dawn. This process helps to gently prepare your body for waking.



Image: Visual representation of the sunrise simulation, showing the light gradually brightening over time.

Setting the Alarm

- Activate Alarm:** Press the alarm button (bell icon) on the front of the device. The alarm time will appear on the display.
- Adjust Alarm Time:** Use the '+' and '-' buttons to set your desired wake-up time.
- Confirm Alarm:** Press the alarm button again to confirm. A small alarm icon will appear on the display,

indicating the alarm is active.

4. **Alarm Sound:** At the end of the sunrise simulation, a gentle beep will sound to ensure you wake up.

5. **Snooze Function:** Tap the top of the device to activate the snooze function for 9 minutes.

Light Functions

- **Bedside Lamp:** Press the light button (sun icon) to turn on the bedside lamp.
- **Adjust Brightness:** Use the '+' and '-' buttons to adjust the brightness level of the lamp. The device offers 10 adjustable brightness settings.
- **Turn Off Light:** Press the light button again to turn off the bedside lamp.



Image: A user interacting with the Philips Wake-Up Light HF3500/01 to adjust its light settings.

MAINTENANCE

- **Cleaning:** Unplug the device before cleaning. Use a soft, dry cloth to wipe the surface. Do not use abrasive cleaners or solvents.
- **LED Lifespan:** The LED light source is designed for long-term use and does not require replacement.
- **Storage:** If storing the device for an extended period, ensure it is clean and unplugged. Store in a cool, dry place.

TROUBLESHOOTING

- **No Display/Power:**
 - Check if the power adapter is securely plugged into the device and the wall outlet.
 - Ensure the wall outlet is functioning correctly.
- **Alarm Not Sounding:**
 - Verify that the alarm is activated (alarm icon visible on display).
 - Check the alarm volume settings.
- **Light Not Working:**
 - Ensure the device is powered on.
 - Press the light button to activate the lamp function.

SPECIFICATIONS

Model Number:	HF3500/01
Brand:	Philips
Light Source Type:	LED
Brightness:	200 Lux
Light Color:	Yellow
Power Source:	Corded Electric
Control Method:	Touch
Item Weight:	1.3 pounds
Dimensions:	11.06 x 8.82 x 6.34 inches
Material:	Plastic
Special Feature:	Energy Efficient

OFFICIAL PRODUCT VIDEOS

Watch these official product videos from Philips for additional guidance and demonstrations.

[Wake up with light alarm clock](#)

Your browser does not support the video tag.

Video: A demonstration of the Philips Wake-Up Light's features, including the light and alarm functions.

How I Use This on Cruise Ships and Traveling

Your browser does not support the video tag.

Video: A user shares tips on how to effectively use the Philips Wake-Up Light while traveling, particularly in environments like cruise ship cabins.

See and hear the features of Philips alarm clock

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Video: An overview of the Philips alarm clock's various features, including visual and auditory demonstrations.

Review on Light Alarm | Wanting a Healthy Circadian Rhythm?

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Video: A review discussing the benefits of light alarms for maintaining a healthy circadian rhythm.

Sunshine Alarm clock! Easy to use!

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Video: A user-friendly guide demonstrating the ease of use of the Philips Wake-Up Light.

Alarm Clock GAME CHANGER! Wake up feeling good now! REVIEW

Your browser does not support the video tag.

Video: A review highlighting how the Philips Wake-Up Light can significantly improve morning routines.

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the official Philips website or the contact details provided in your product packaging. Philips Wake-Up Lights are clinically proven to work, with 92% of users agreeing it makes it easier to get out of bed.