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› Philips SmartSleep Sleep and Wake-Up Light User Manual

PHILIPS HF3650/60

Philips SmartSleep Sleep and Wake-Up Light

Model: HF3650/60

INTRODUCTION

The Philips SmartSleep Sleep and Wake-Up Light is designed to enhance your sleep and wake-up routine by simulating natural light and sound environments. This device helps you wake up more refreshed and fall asleep more peacefully, contributing to an improved overall well-being. It combines advanced light therapy with customizable soundscapes to create an optimal sleep-wake cycle.



The Philips SmartSleep Sleep and Wake-Up Light, shown with its product packaging. This image provides a clear view of the device's design and branding.

SAFETY INFORMATION

Please read all instructions carefully before using the product. Keep this manual for future reference. Failure to follow these safety guidelines may result in fire, electric shock, injury, or damage to the product.

- Ensure the product is placed on a stable, flat surface away from water or excessive moisture.
- Do not expose the device to direct sunlight for prolonged periods or to extreme temperatures.
- Use only the original power adapter supplied with the device.
- Do not attempt to open or repair the device yourself. Refer all servicing to qualified personnel.
- Keep out of reach of children and pets.

PACKAGE CONTENTS

Verify that all items are present in the package:

- Philips SmartSleep Sleep and Wake-Up Light (HF3650/60)
- Power Adapter
- User Manual (this document)

PRODUCT OVERVIEW

The Philips SmartSleep Sleep and Wake-Up Light features an intuitive design with touch controls and a clear display. Key components include:

- **Light Dome:** Emits light for sunrise/sunset simulation and serves as a bedside lamp.
- **Display:** Shows time, alarm settings, and other indicators.
- **Touch Controls:** Located on the front and top for easy interaction.
- **Speaker:** For alarm sounds, FM radio, and relaxation sounds.
- **USB Charging Port:** For charging mobile devices.
- **Auxiliary Input:** For connecting external audio sources.



A front view of the Philips SmartSleep Wake-Up Light, highlighting its circular light design and the digital time display. This shows the primary interface for daily use.



The back view of the Philips SmartSleep Wake-Up Light, illustrating the various ports including the power input and USB charging port. A charging cable is connected to a tablet, demonstrating its charging capability.

SETUP

1. **Connect Power:** Plug the power adapter into the DC input on the back of the device, then plug the adapter into a wall outlet. The display will light up.
2. **Set Time:** Use the touch controls on the front to set the current time. Follow the on-screen prompts to adjust hours and minutes.
3. **Positioning:** Place the Wake-Up Light on a bedside table, approximately 16-20 inches (40-50 cm) from your head, ensuring the light can reach your eyes.



Wake up naturally with **personalized** **sunrise simulation**

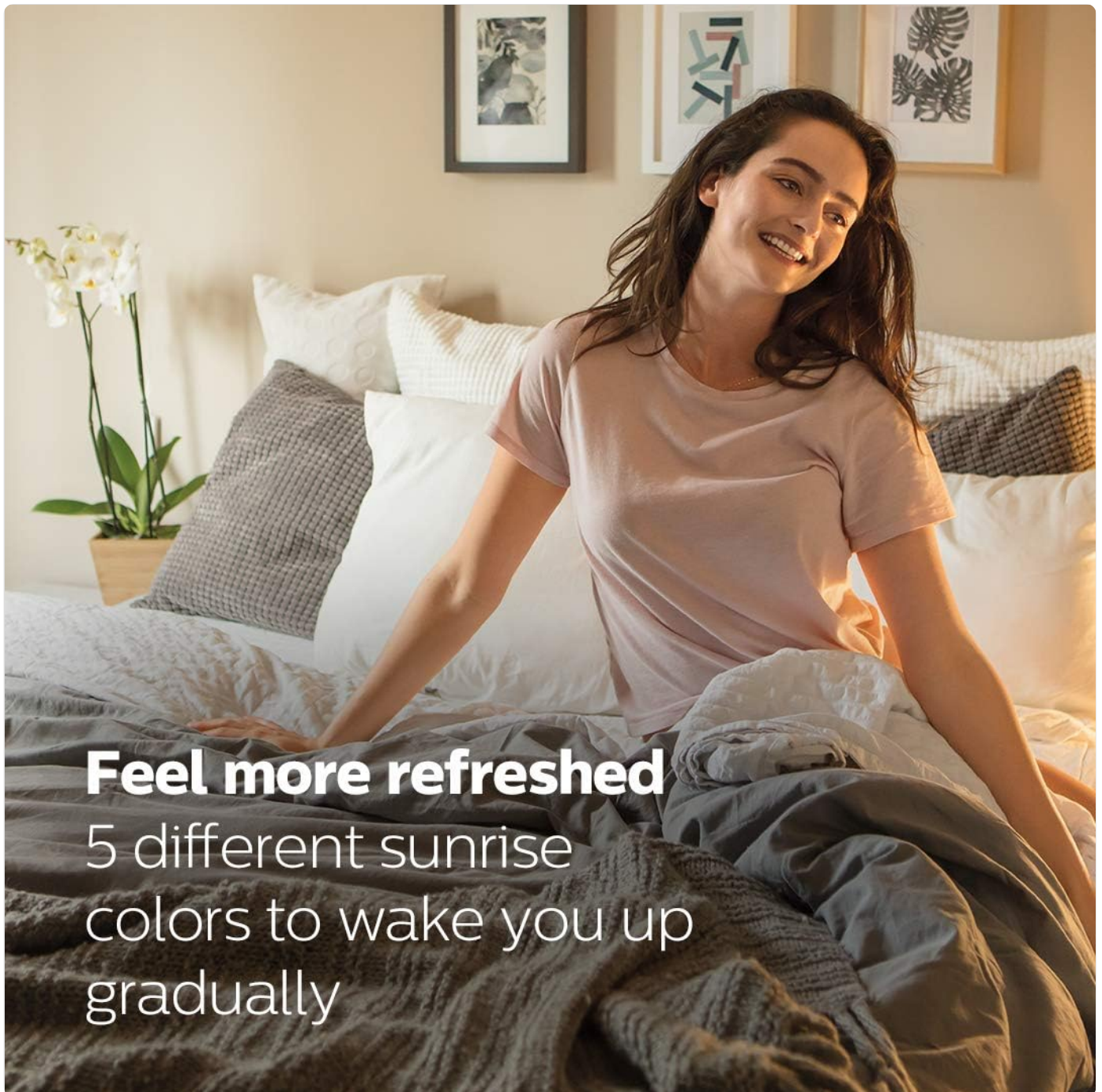
The Philips SmartSleep Wake-Up Light positioned on a nightstand, emitting a warm, natural light to simulate a sunrise. This setup demonstrates ideal placement for effective use.

OPERATING INSTRUCTIONS

Setting the Wake-up Alarm (Sunrise Simulation)

The sunrise simulation gradually increases light intensity before your set alarm time, mimicking a natural dawn.

1. Press the alarm icon on the display.
2. Use the +/- buttons to set your desired wake-up time.
3. Select the duration for the sunrise simulation (e.g., 20-40 minutes).
4. Choose your preferred alarm sound from the available natural sounds, FM radio, or no sound.
5. Adjust the final light intensity and sound volume.



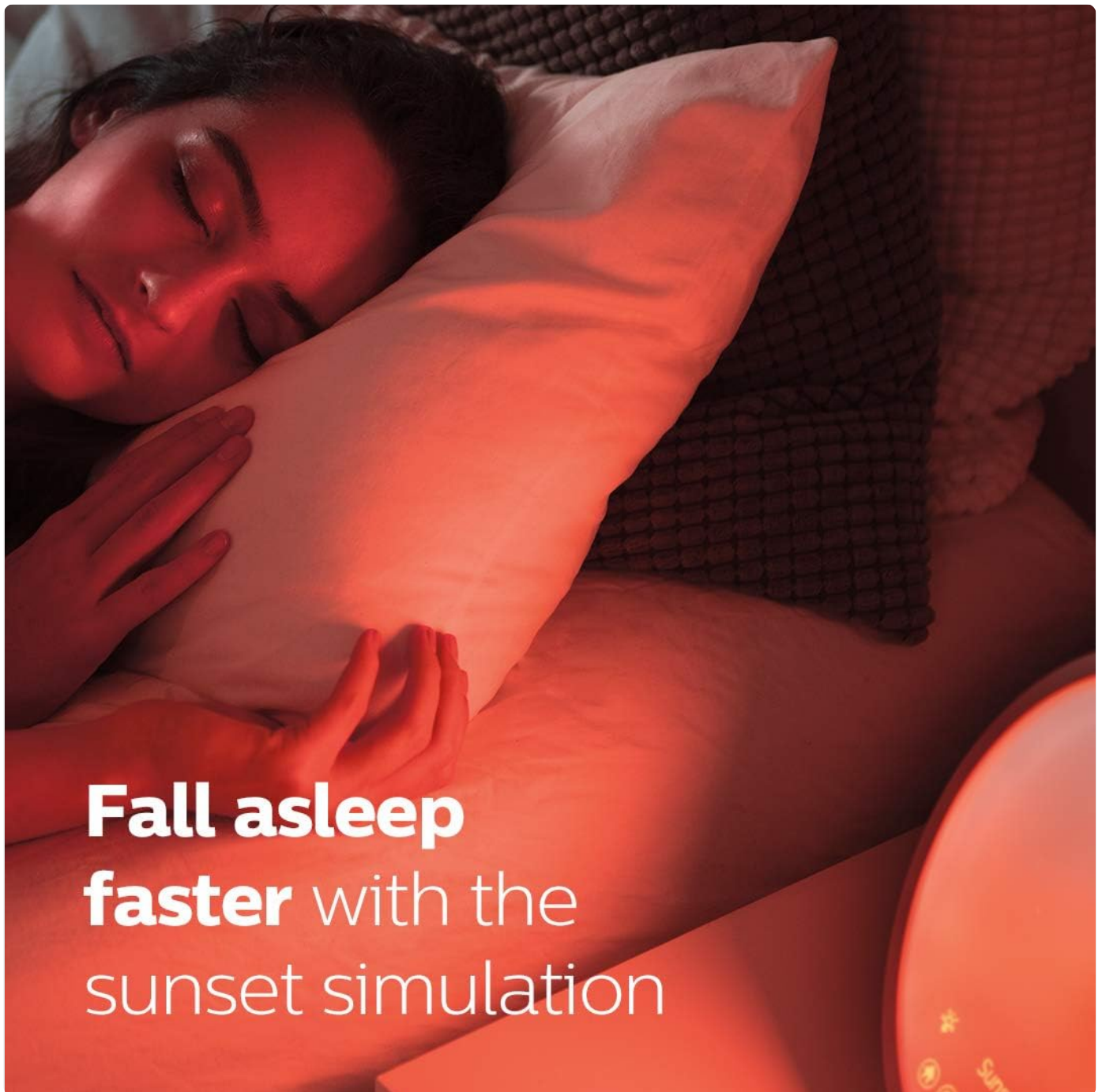
Feel more refreshed
5 different sunrise
colors to wake you up
gradually

A woman waking up in bed, appearing refreshed, with the Philips SmartSleep Wake-Up Light providing gentle illumination. This illustrates the intended effect of the sunrise simulation.

Setting the Sleep Program (Sunset Simulation & RelaxBreathe)

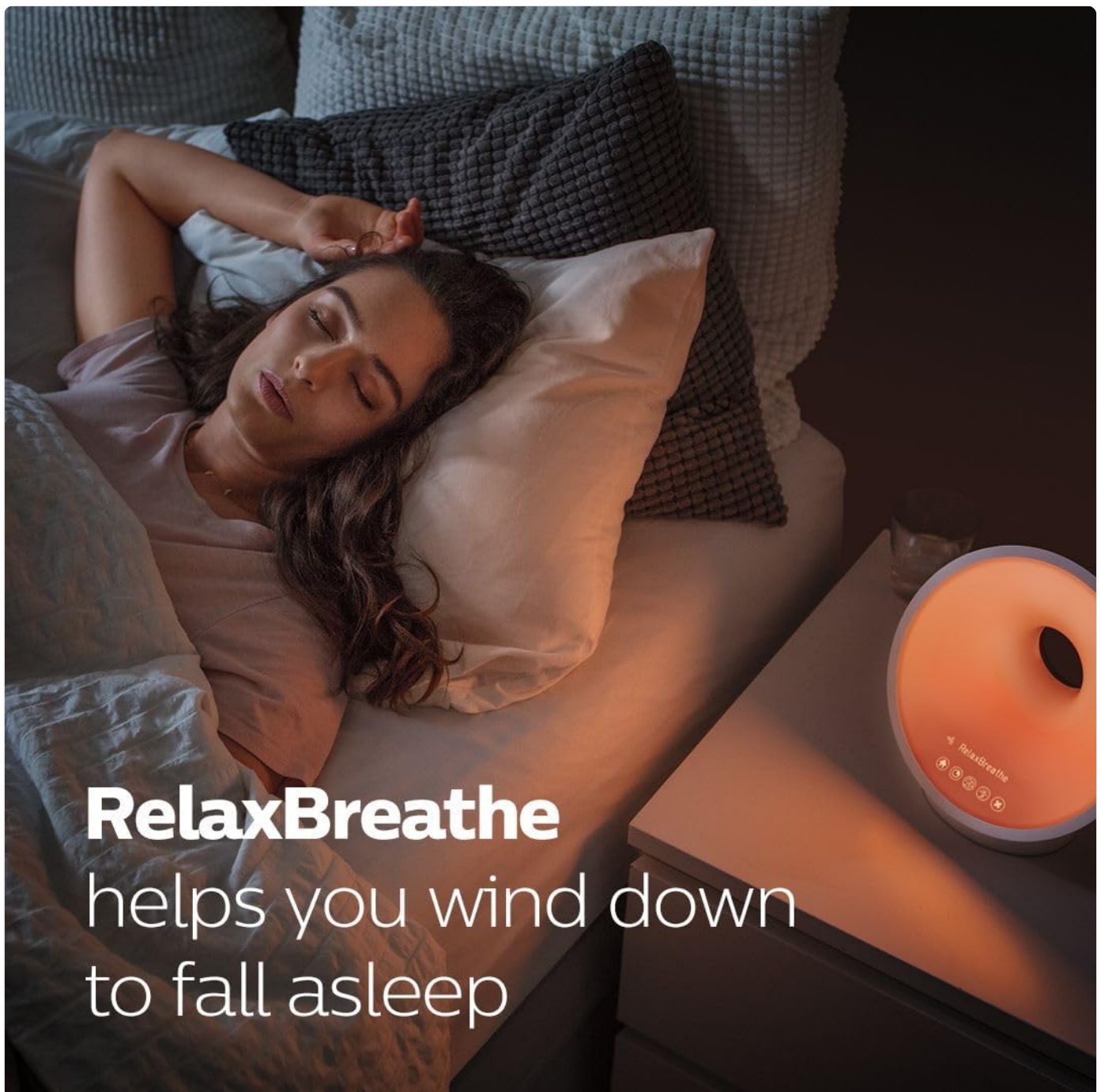
The sunset simulation gradually dims the light and can be combined with relaxation sounds or the RelaxBreathe function to help you fall asleep.

1. Press the sunset icon on the display.
2. Set the duration for the sunset simulation (e.g., 5-60 minutes).
3. Choose a relaxation sound (e.g., Soft Rain, Ocean Waves) or activate the RelaxBreathe guided breathing program.
4. Adjust the starting light intensity and sound volume.



Fall asleep faster with the sunset simulation

A woman sleeping soundly in bed, with the Philips SmartSleep Wake-Up Light casting a warm, reddish glow, indicative of the sunset simulation feature designed to aid in falling asleep faster.



RelaxBreathe

helps you wind down
to fall asleep

A woman sleeping in bed, with the Philips SmartSleep Wake-Up Light emitting a soft, warm light, indicating the RelaxBreathe function is active to help wind down and fall asleep.

FM Radio

To listen to the FM radio:

- Press the radio icon.
- Use the tuning buttons to find your desired station.
- Press and hold a tuning button to auto-scan for the next available station.

Bedside Lamp & Midnight Light

The device can function as a bedside lamp with adjustable brightness (25 personalized settings). Simply tap the light dome to turn it on/off or adjust brightness. A gentle midnight light can also be activated for brief illumination during the night.



25 personalized brightness settings

A woman interacting with the Philips SmartSleep Wake-Up Light, adjusting its brightness settings. The image highlights the touch controls and the customizable light intensity.

Phone Charging

Connect your smartphone or other USB-powered device to the USB port on the back of the Wake-Up Light for convenient charging.

MAINTENANCE

To ensure optimal performance and longevity of your Philips SmartSleep Sleep and Wake-Up Light, follow these maintenance guidelines:

- **Cleaning:** Unplug the device before cleaning. Use a soft, dry cloth to wipe the exterior. Do not use abrasive cleaners or solvents.
- **Storage:** If storing the device for an extended period, unplug it and keep it in a cool, dry place.

TROUBLESHOOTING

If you encounter issues with your Philips SmartSleep Sleep and Wake-Up Light, refer to the table below for common problems and solutions.

Problem	Possible Cause	Solution
Device does not turn on.	Power adapter not properly connected or power outage.	Check power connections. Ensure the outlet is functional.
Alarm does not sound.	Alarm volume is too low or alarm is not activated.	Increase alarm volume. Verify alarm is set and enabled.
Light simulation is not working.	Light intensity set to minimum or feature is disabled.	Adjust light intensity. Ensure sunrise/sunset simulation is enabled in settings.
FM radio reception is poor.	Interference or weak signal.	Adjust the position of the device. Try a different station.

If the problem persists, please contact Philips customer support.

SPECIFICATIONS

- **Model Number:** HF3650/60
- **Product Dimensions:** 5.43"D x 11.1"W x 12.05"H
- **Item Weight:** 3.36 Pounds
- **Lamp Type:** Wake Up Light
- **Shade Color:** Blue (Note: Product color is Orange as per variant, but internal component might be blue)
- **Switch Type:** Touch
- **Batteries:** 1 Lithium Ion battery required (included)
- **Manufacturer:** Norelco (Philips)
- **Country of Origin:** China
- **Wattage:** 18 watts
- **Bulb Voltage:** 240 volts

WARRANTY AND SUPPORT

Philips offers a limited warranty for this product. For detailed warranty information, please refer to the warranty card included in your package or visit the official Philips website. For further assistance, troubleshooting, or to download the full user guide, please visit the Philips support page or refer to the official user manual:

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