

## Philips Wakeup Light Manual

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### Philips Wakeup Light Manual

The Philips Wake-up Light gently prepares your body for waking up during the last half hour of sleep. In the early morning hours our eyes are more sensitive to light than when we are awake. During that period the relatively low light levels of a simulated natural sunrise prepare our body for waking up and getting alert.

### Wake-up Light - Philips

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The Philips Wake-up Light gently prepares your body for waking up during the last half hour of sleep. In the early morning hours our eyes are more sensitive to light than when we are awake. During that period the relatively low light levels of a simulated natural sunrise elevate the cortisol level shortly after awakening.

### Wake-up Light - Philips

First and foremost, an user manual of Philips Wake-up Light HF3476 should contain: - informations concerning technical data of Philips Wake-up Light HF3476 - name of the manufacturer and a year of construction of the Philips Wake-up Light HF3476 item - rules of operation, control and maintenance of the Philips Wake-up Light HF3476 item

### Philips Wake-up Light HF3476 manual - BKManuals

PDF Philips Wake Up Light Instruction Manual the set time. Manual - Philips HF3505 Wake-up Light Therefore, in an instruction of Philips Wake-up Light HF3471 one could find a process description. An instruction's purpose is to teach, to ease the start-up and an item's use or performance of certain activities. An instruction is a compilation of ...

### Philips Wake Up Light Instruction Manual

Need a manual for your Philips HF3505 Wake-up Light? Below you can view and download the PDF manual for free. There are also frequently asked questions, a product rating and feedback from users to enable you to optimally use your product. If this is not the manual you want, please contact us.

### Manual - Philips HF3505 Wake-up Light

16-20in/ First use - placing the Wake-up light Adjusting the time format 40-50cm Choose between a 12-hour and a 24-hour clock and then adjust the time. Place the Wake-up Light 16-20in/40-50cm from your head, for example on a bedside table.

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Register your product or find user manuals, FAQ's, hint & tips and downloads for your Philips Wake-up Light HF3510/01. We are always here to help you.

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The only Wake-up Light clinically proven to work. At this moment in time the Philips wake-up light is the only one scientifically proven to work. In order to make the Wake-up Light the best possible product it can be in genuinely waking you up naturally and energized we have done a lot of clinical research.

### Wake-up Light HF3510/60 | Philips

Rise and Thrive with light to feel more refreshed Inspired by nature's sunrise, the Philips Wake-up Light uses a unique combination of light and sound to wake you in a more natural way, so you feel more refreshed. Developed with Philips' clinical Sleep & Respironics healthcare knowledge and our 100+ years of Lighting expertise.

### Wake-up Light HF3500/60 | Philips

The Philips Wake-up Light gently prepares your body for waking up during the last 30 minutes of sleep. In the early morning hours our eyes are more sensitive to light than when we are awake. During that period the relatively low light levels of a simulated natural sunrise prepare our body for waking up and getting alert.

### Wake-up Light

First and foremost, an user manual of Philips Wake-up Light HF3470 should contain: - informations concerning technical data of Philips Wake-up Light HF3470 - name of the manufacturer and a year of construction of the Philips Wake-up Light HF3470 item - rules of operation, control and maintenance of the Philips Wake-up Light HF3470 item

### Philips Wake-up Light HF3470 manual - BKManuals

Review and setup of the Philips HF3520 Wake-Up Light. http://amzn.to/2mWt511 This product has made my morning and waking up more bearable. It helps you feel ...

### Philips HF3520 Wake-Up Light Review & Setup - YouTube

Inspired by nature's sunrise, the Philips Wake-up Light uses a unique combination of light and sound to wake you in a more natural way, so you feel more refreshed. The relaxing sunset simulation helps you wind down for bedtime. Developed with Philips' clinical Sleep & Respironics healthcare knowledge and our 100+ years of Lighting expertise.

### Amazon.com: Philips SmartSleep HF3520/60 Wake-Up Light ...

Only Philips wake-up light alarm clocks are clinically proven to help you wake up feeling more refreshed. To set the clock time, choose between a 12-hour and a 24-hour clock and then adjust the time Relax and drift off to sleep with dimming sunset with 20 brightness settings.

### Amazon.com: Philips Wake-Up Light Alarm Clock with Sunrise ...

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