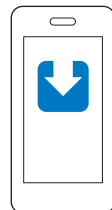


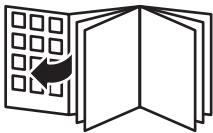
PHILIPS

HF367X series

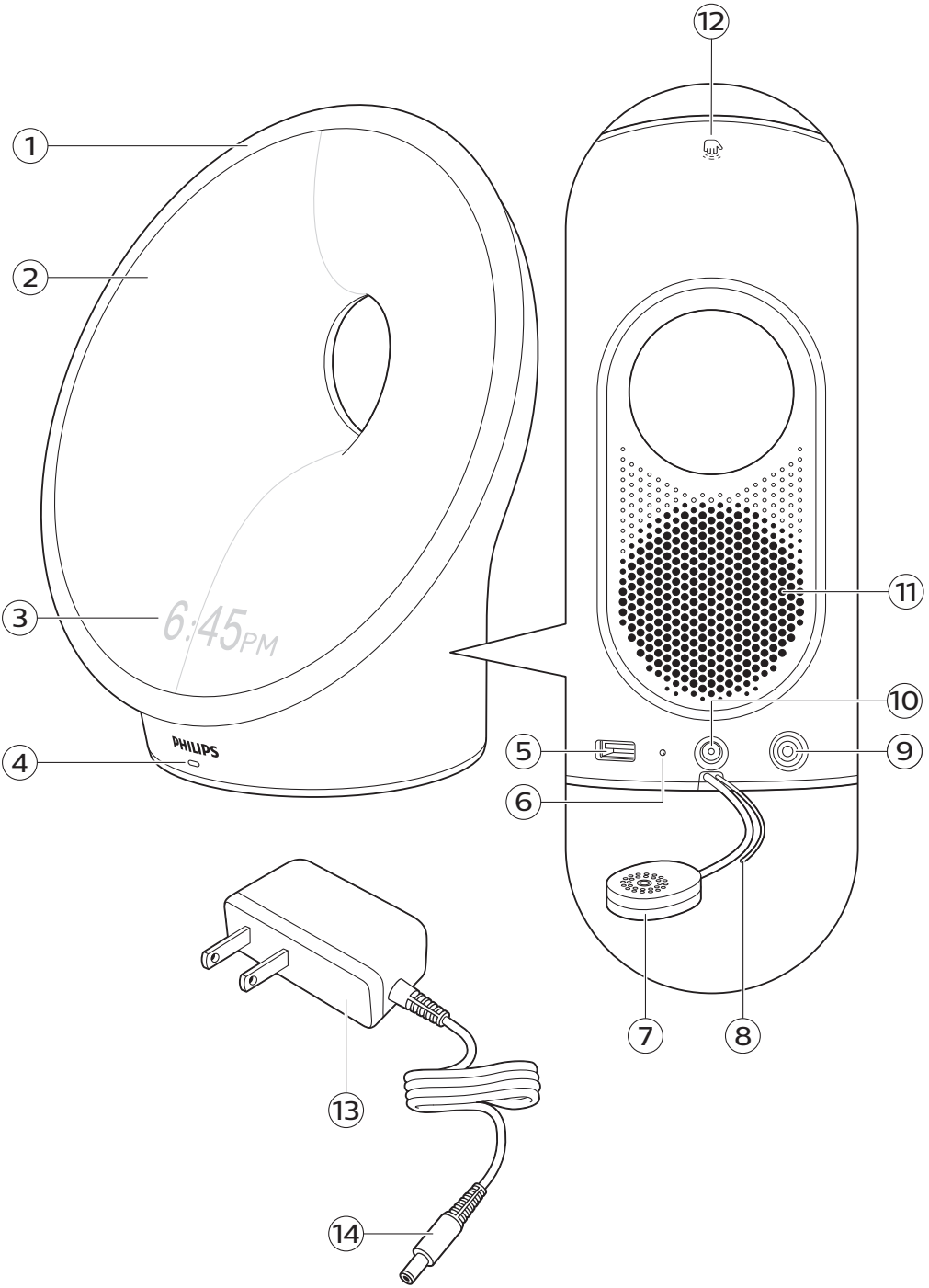


Philips SleepMapper app





1



English 6

IMPORTANT SAFETY INSTRUCTIONS

Read and follow all instructions in this user manual and heed all warnings.

WARNING

To reduce the risk of burns, fire, electric shock, or injury to persons:

- This appliance is for indoor use only.
- If the adapter, cord or appliance has been damaged in any way, liquid has spilled or objects have fallen into and/or onto the appliance, the appliance has been exposed to rain or moisture, does not operate normally or has been dropped or damaged, it should not be operated and needs servicing by qualified service personnel (see 'Service and assistance').
- Water and electricity are a dangerous combination. Do not use this appliance in wet surroundings (e.g. in the bathroom or near a shower or swimming pool).
- Make sure the adapter does not get wet.
- Do not let water run into the appliance or spill water onto the appliance.
- Do not immerse the appliance in water or rinse under the tap.
- The adapter contains a transformer, which converts an unsafe 100-240V AC to a safe 24V DC low voltage. Do not cut off the adapter to replace it with another plug, as this causes a hazardous situation.
- Only use the original adapter. Do not use the adapter or any of the other accessories if they are damaged. Call 1-866-832-4361 for assistance.
- Do not use the adapter in or near a power outlet that contains an electric air freshener to prevent damage to the adapter.
- Protect the power cord from being walked on or pinched, particularly at plugs, outlet and point where they exit from lamp.
- The appliance has no on/off switch. To disconnect the appliance from the power source, remove the plug from the wall outlet.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Do not install near any heat sources such as radiators, stoves, or other apparatus that produce heat.
- Do not impair the cooling of the appliance by covering the appliance with items such as blankets, curtains, clothes, papers, etc.

CAUTION

- Do not drop the appliance on the floor, hit it hard or expose it to other heavy shocks.
- Place the appliance on a stable, level and non-slippery surface.
- This appliance is only intended for household use, including similar use in hotels. Do not use attachments not recommended by Philips North America LLC.
- Check if the voltage indicated on the appliance corresponds to the local voltage before you connect the appliance.

- Unplug this appliance during lightning storms or when unused for long periods of time.

GENERAL

- Do not use this appliance as a means to reduce your hours of sleep. The purpose of this appliance is to help you wake up more easily. It does not diminish your need for sleep.
- Consult your doctor before you start using the appliance if you have suffered from or are suffering from depression.
- If you feel uncomfortable at any point while using RelaxBreathe in the breathing exercise, just go back to breathing normally.
- If you often wake up too early or with a headache reduce the set light intensity level and/or the set Sunrise simulation time.
- If you often wake up by the alarm sound, increase the set light intensity level or the set Sunrise simulation time.
- If you share a bedroom with someone else, this person may unintentionally wake up from the light of the appliance, even though this person is further removed from the appliance. This is the result of differences in light sensitivity between people.
- The power consumption of the appliance is lowest if no device is connected to the USB port and the lamp, radio, display and Wi-Fi are turned off.

SAVE THESE INSTRUCTIONS

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Introduction

The Philips connected Sleep & Wake-Up Light helps you wake up more pleasantly. If the Sunrise simulation is active (default is 30 minutes), the light intensity of the lamp gradually increases to the set level and the light color changes from deep morning red to bright daylight. The light gently prepares your body for waking up at the set time. To make waking up an even more pleasant experience, you can use natural wake-up sounds or the FM radio to wake up to.

The light-guided breathing function, personalized sun settings, bedroom environment tracking and several other features make this Wake-Up Light the perfect companion for your bedroom.

Tip: Using the Philips SleepMapper app will enable extra features. Any information about these features is explained in the app.

General description

- 1 Deco ring
- 2 Lamp housing
- 3 Display
- 4 Sound pressure sensor
- 5 USB charging port
- 6 Reset button
- 7 AmbiTrack sensor: Humidity and temperature sensor
- 8 Radio antenna
- 9 Auxiliary (AUX) inlet
- 10 Adapter DC-inlet
- 11 Speaker
- 12 Snooze/Midnight Light
- 13 Adapter
- 14 Small plug

Intended use

The Philips connected Sleep & Wake-Up Light is intended to give you a more natural and refreshed wake-up and a relaxed feeling before falling asleep.

This is not a general illumination product.

The effects of the connected Sleep & Wake-Up Light

The Philips connected Sleep & Wake-Up Light gently prepares your body for waking up during the last 5 to 60 minutes or last period of sleep, depending on the Sunrise simulation time you set. In the early morning hours, our eyes are more sensitive to light than when we are awake. During this period, the relatively low light levels of a simulated natural sunrise prepare our body for waking up and getting alert.

People who use the connected Sleep & Wake-Up Light report waking up more easily, have a better overall mood in the morning and feel more energetic. Because the sensitivity to light differs per person, you can set the light intensity of your appliance to a level that matches your light sensitivity for an optimal start of the day. For more information about the connected Sleep & Wake-Up Light, see www.philips.com.

Display icons



Wake-up profile / Alarm



Display off



Breathing rhythms



Display



Audio feedback



Wind-down program



Clock time



Sunset simulation



Light intensity and light on/off



RelaxBreathe



Select your language



Radio



Settings



Natural sounds



AUX inlet



Sound off



Radio presets



Snooze/Midnight Light



Wi-Fi disabled



Wi-Fi



Bedtime

Connecting your appliance to Wi-Fi

Easy Wi-Fi setup



Download the Philips SleepMapper app from Google play or the App store on your smartphone. See the information in Google play or the App store to check if your smartphone is compatible with the app. You can easily set up the Wi-Fi connection to your connected Sleep & Wake-Up Light.

The setup to install your Sleep & Wake-Up Light and connect to your home Wi-Fi network only needs to be done once. This setup will take approximately 5-10 minutes.

Setup wizard of the connected Sleep & Wake-Up Light

- 1** When you use your connected Sleep & Wake-Up Light for the first time, a setup wizard starts on the appliance.
- 2** After selecting your language on the display of the appliance, continue in the app. Make sure that you have the app open on your smartphone.
- 3** Follow the instructions in the app to connect your appliance to the Wi-Fi network. If you have trouble connecting your appliance, check the items mentioned in the troubleshooting section (see 'Troubleshooting').
 - If you previously chose to set up your appliance without the app, but now want to connect your appliance to the app you press and hold the Wi-Fi icon for 8 seconds. The access point mode icon will be shown on the display (📶). Open the app on your smartphone to connect.
 - If you have changed your Wi-Fi home network or changed your password, you also need to press the Wi-Fi icon (📶). You will see the access point mode icon on the display (📶). Open the app on your smartphone to connect.



Note: Make sure your smartphone is connected to the Wi-Fi network you use in your bedroom.

Note: The app on your smartphone and your connected Sleep & Wake-Up Light can ONLY communicate with each other when both appliances are connected to the same home Wi-Fi network.

Note: You cannot enable/disable alarms via the app if you are not connected to your home Wi-Fi network, for example if your smartphone is connected to 4G.

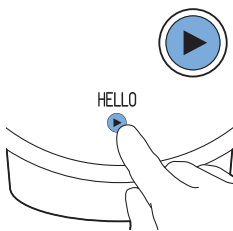


This Wi-Fi connection issue icon might appear on the display if a connection cannot be established. Check the troubleshooting section to solve the problem (see 'Connectivity troubleshooting').

AmbiTrack sensors

The connected Sleep & Wake-Up Light collects input from its surroundings through the AmbiTrack sensors. AmbiTrack sensors measure light, humidity, temperature and sound pressure. These factors can influence your sleep. Only in the app you can see information on the recommended values for ideal sleep conditions. The measurements of the sensors can be influenced by the surroundings of the connected Sleep & Wake-Up Light. For example, if you place the appliance next to a window or near a heating source such as a radiator, the temperature and humidity sensors might not represent the temperature / humidity of the entire room.

You can set up the Sleep & Wake-Up Light without the app. Before you can use the appliance, a setup wizard on the appliance needs to be completed first. You can connect the appliance to the app later (see 'Easy Wi-Fi setup').



- 1 Start the setup wizard by tapping on the start icon on the display of the appliance.
- 2 You will be guided through the setup wizard, where you set the desired settings, a wake-up profile and a winddown program.

Note: The wake-up profile and the wind-down program can be set later. Skip these settings by tapping the arrow repeatedly. However, we advise you to set your wake-up profile and your wind-down program during this setup. This can help you explore the different functions of the appliance.

Navigating the menu

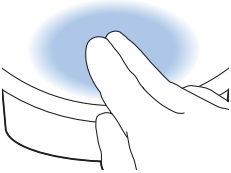
If you have set up your appliance with the help of the SleepMapper app (see 'Easy Wi-Fi setup') or through the setup wizard (see ' ') on the

appliance, you will see the menu as described in the following sections.

On the display of the appliance you can select and set the wake-up profile, bedside light, settings, sound (source) or the unwind program.



Note: All your personalized settings and profiles will be permanently stored in the memory, they will not be erased by removing the adapter from the electrical outlet. You can change all settings at any time, the last setting will be stored.



Note: If the display is blank, move your hand towards the lower part of the Sleep & Wake-up Light to show the display menu. You will see the menu icons.

Setting wake-up profiles



In your wake-up profile on the appliance you can set the alarm time, the maximum light intensity and type of wake-up sound you prefer. With the SleepMapper app, you can set more wake-up profiles.



Note: Press and hold the alarm icon for 4 seconds to deactivate all set alarms at once. Press and hold the alarm icon 4 seconds to activate the alarms again.

Set wake-up profile



You can set 2 different wake-up profiles on the appliance. For each profile, you can set the time, light intensity, wake-up curve duration, type of sound and volume. With the SleepMapper app you can set 16 alarms in total, giving you more options to choose the time and day on which the alarm should go off.

Duration of the wake-up profile



The default duration of the wake-up curve (brightness increase to the set maximum light intensity) is 30 minutes. The duration can be changed to your preference by pressing the icon on the appliance. With the Sleepmapper app you can set different wake-up profiles.

Light intensity of the wake-up profile



The lamp of the appliance simulates a sunrise. Like a sunrise, the brightness of the lamp increases gradually. During this wake-up curve, the color of the light changes from soft red to warm orange to bright yellow. You can choose one of the 25 light intensity levels.

Note: The main display of the appliance shows if the alarm has been set.

Type of sound



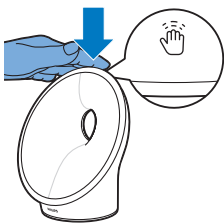
You can choose between three options. Select one of the natural sounds, no sound or the FM radio.

PowerBackUp+

In the event of a power failure, all functions of the appliance, including the display, do not work. However, the internal clock and a back-up alarm remain active for at least 8 more hours.

If during the power failure the set alarm time is due, a back-up alarm goes off generating a beeping sound for approximately 1 minute.

Snoozing



When the wake-up curve has ended (when the set maximum light intensity has been reached) and the alarm sound is playing, you can tap the top of the appliance to snooze.

The lamp stays on, but the sound is muted. After 9 minutes, the alarm sound starts playing again.

Note: The light and sound automatically turn off 60 minutes after the alarm has gone off or 60 minutes after the last snooze action.

Turning the alarm off



When the alarm goes off, you can turn it off by pressing this icon on the appliance. If you turn it off, this alarm profile is deactivated for that day.

Using the appliance as a bedside lamp

You can use the connected Sleep & Wake-Up Light as a bedside lamp.

14 English

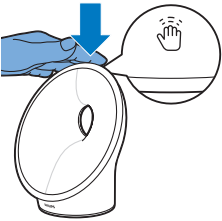


Press the bedside lamp icon on the display to switch on the bedside lamp.

Note: You can increase and decrease the brightness intensity. You can select a brightness between 1 (low) and 25 (high). The default brightness setting is 18.

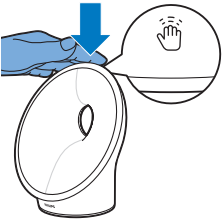


To switch off the lamp, press the cross icon in the menu.



Tip: When the light is on, you can also turn off the light with a single tap on the top of the appliance. All active programs will stop. Set alarms are still active.

Midnight light



If you wake up during the night, you can tap the top of the appliance to activate a dim light. This dim, subtle orange light provides you with just enough light to find your way in the dark. Switch off the Midnight light by tapping the top of the appliance again.

Note: The Midnight light cannot be activated directly when the main light is already on. In that case, first tap the top of the appliance to deactivate the main light. Then tap again to activate the Midnight light.

Settings



In this menu, you can adjust the clock time, the audio feedback and the display brightness of the appliance.

Note: Press and hold the settings icon for 5 seconds to open a new menu, in which you can select DEMO mode (accelerated wake-up curve) or VERSION (firmware version of the appliance).

Time






You can change the time and switch between a 12-hour clock (AM/PM) and a 24-hour clock by pressing on the toggle icon (12/24).

Wi-Fi



Turn Wi-Fi on or off by pressing on the Wi-Fi icon. When Wi-Fi is disabled , any update made in the app will not be implemented until the Wi-Fi connection is restored.



Note: Press and hold the Wi-Fi icon for 8 seconds to return to access point mode. Open access point mode when you want to connect your appliance to a different Wi-Fi network or if you have changed your Wi-Fi password.



If you accidentally activated access point mode, remove the adapter from the wall outlet. Wait for 30 seconds to connect the appliance to the power outlet again. Your connected Sleep & Wake-Up Light remembers the network you were connected to.

Audio feedback



When you press any menu icon, you hear a click. If you do not want to hear clicks when you press an icon, press the audio feedback icon to turn off the audio feedback. You hear one click as a confirmation. To reactivate the audio feedback, press this icon again. You hear two clicks to confirm that audio feedback has been activated.

Display



Display brightness

You can adjust the display brightness from level 1 to level 6. We advise you to set the display contrast in a dark bedroom. Choose a contrast level that is optimal for you to see the display at night. The display contrast will increase to a higher level when the Connected Sleep & Wake-up Light measures a lot of light in the bedroom. This happens automatically, so you will always be able to see the display, even when the surroundings are lighter.

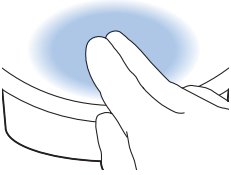
Display on/off

If you do not want the appliance to produce any light (including time indication), you can turn off the display completely by pressing the display icon.

Normally, if you do not touch the display for some time in any menu, the display reverts to time and status indication only. When the display is off, no time indication is shown.

Press the crossed-out icon to turn on the display again.





Tip: If you want to check the time or select a function while the display is off, just place your hand near the display to turn it on for a few seconds.

Listening to radio or your own music



Tip: When the radio or music is on, you can turn off the sound with a single tap on top of the connected Sleep & Wake-Up Light. All active programs will stop. Set alarms are still active.

Radio



You can listen to the FM radio with the connected Sleep & Wake-Up Light. If you have set the radio function in the setup wizard, it shows the selected radio station. You can manually change the radio station by selecting the FM frequency of another radio station.

Tip: Make sure that you unwind the antenna fully and move it around until the radio has the best reception.



You can preset 5 radio stations. First, select a radio station by setting the FM frequency. Press and hold the double arrow icon to automatically search for the next radio station.



After setting a radio station, you can easily add another preset radio station by selecting the toggle icon. With this process, you can preset 5 radio stations.



Set the preferred volume. To save the radio frequency, press the check mark icon.

Music via Auxiliary (AUX) inlet



You can use the connected Sleep & Wake-Up Light as a speaker for music by connecting a music playing device (for instance your mobile phone) to the AUX inlet.

Note: You cannot wake up to music from a device connected to the AUX inlet.

If the sound is not loud enough when you have set the connected Sleep & Wake-Up Light to maximum volume, increase the volume of your music playing device.



If the sound is too loud or distorted when you have set the connected Sleep & Wake-Up Light to a low volume setting, decrease the volume of your music playing device.

Note: Press and hold the music note icon for 5 second to activate/deactivate the sound via the menu. You can also deactivate the sound by tapping the top of the appliance.

Note: You need an AUX cable to connect the connected Sleep & Wake-Up Light to a music playing device.

Wind-down programs



The appliance features two wind-down programs to help you relax before you fall asleep.



Note: Press and hold the wind-down icon for 5 seconds to activate/deactivate the wind-down program. You can also deactivate the active wind-down program by tapping the top of the appliance.

Sunset simulation



During the sunset simulation, the brightness of the light decreases gradually with colors changing from bright yellow to warm orange to soft red. You can set the duration of the sunset simulation and the initial light intensity of the sunset simulation.

You can also select a sound that fades away during the sunset simulation. You can set the sound source and the initial volume. You can either choose a natural sound, radio or no sound. You can also play your own music by connecting a music playing device to the AUX socket.

Note: If you have set your sunset simulation in the setup wizard, it will start immediately. If you have not set it, the appliance starts with a default sunset simulation.

RelaxBreathe



RelaxBreathe uses the belly breathing technique as a basis for the breathing program. You can choose one of the breathing programs, guided by light or sound. The combination of the belly breathing exercise and the guidance of the connected Sleep & Wake-Up Light helps you slow down and feel relaxed.

Belly breathing for relaxation

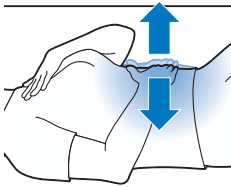
Belly breathing is the most recognized breathing exercise technique to help people relax. When you breathe from your belly, your diaphragm pulls down automatically. This pulls down your lungs and allows you to inhale fully and deeply.

Caution: If you feel uncomfortable at any point during this breathing exercise, just go back to breathing normally.

How to do belly breathing



- 1 Lie down comfortably on your back.
- 2 Inhale through your nose, exhale through your nose or mouth.



- 3 Place one hand on your stomach and your other hand on your chest.
You should see your hand on your stomach move up with each inhale and move down with each exhale. The hand on your chest should only move slightly.
- 4 Your breath should only come from your belly. Try to make your exhale longer than your inhale as this will quickly make you feel more relaxed.

Note: The RelaxBreathe function of the appliance can guide you during belly breathing.



You can select one of seven relaxation programs with preset breathing rhythms. Each relaxation program has a different breathing rhythm. The program '4 breaths' is preset to 4 breaths per minute. Program '5 breaths' is preset to 5 breaths per minute. Each next program has one additional breath per minute. The last program (10 breaths) is preset to 10 breaths per minute.



You can select light or sound to guide you during the selected relaxation program. Follow the light or sound when you inhale and exhale.

- For guidance with light, inhale when the light intensity increases. In between the two subtle light flashes, hold your breath. Exhale slowly when the light intensity decreases.
- For guidance with sound, inhale when the intensity of the sound of the waves increases. When the intensity of the sound pauses, hold your breath. Slowly exhale when the intensity of the sound of the waves decreases.

Follow your preferred rhythm with the help of light or sound for a more relaxed feeling. You can even do this with your eyes closed.

Note: You can find an instruction video of RelaxBreathe in the app and on the Philips website.

Bedtime function



You can track your time in bed by double tapping the top of the appliance before going to sleep. You can also start the bedtime function by pressing 'start tracking' in the SleepMapper app.

A moon icon will appear on the display of the appliance to let you know bedtime tracking has started. You can find more information about the bedtime function in the app.

Charging your mobile phone

You can use the USB port (see 'General description') to charge your smartphone (max 1000 mA).

Cleaning and storage

- Clean the appliance with a soft, dry cloth.
- Do not use abrasive cleaning agents, pads or cleaning solvents like alcohol, acetone, etc., as this may damage the surface of the appliance.
- If you are not going to use the appliance for an extended period of time, remove the adapter from the wall outlet and store the appliance in a safe, dry location where it will not be crushed, banged, or subject to damage.
- Do not wrap the cord around the appliance when storing it.

Disposal

Your product is designed and manufactured with high quality materials and components, which can be recycled and reused. For recycling information, please contact your local waste management facilities or visit www.recycle.philips.com.

Service and assistance

This appliance has no other user-serviceable parts. For assistance visit our website: www.philips.com/support or call toll free: 1-866-832-4361.

Online information is available 24 hours a day, 7 days a week.

90-Day Money-Back Guarantee

If you are not fully satisfied with your product send the product back and we'll refund you the full purchase price.

The product must be shipped prepaid by insured mail, insurance prepaid, have the original sales receipt, indicating purchase price and date of purchase, and the money-back guarantee return authorization form enclosed.

We cannot be responsible for lost mail.

The product must be postmarked no later than 90 days after the date of purchase. Philips reserves the right to verify the purchase price of the product and limit refunds not to exceed suggested retail price.

To obtain money-back guarantee return authorization form, call 1-866-832-4361 for assistance.

Delivery of refund check will occur 6–8 weeks after receipt of returned product.

Full Two-Year Warranty

Philips North America LLC (USA) and Philips Electronics Ltd (Canada) warrant this new product against defects in materials or workmanship for a period of two years from the date of purchase, and agree to repair or replace any defective product without charge.

IMPORTANT: This warranty does not cover damage resulting from accident, misuse or abuse, lack of reasonable care, or the affixing of any attachment not provided with the product or loss of parts or subjecting the product to any but the specified voltage or batteries.*

NO RESPONSIBILITY IS ASSUMED FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES.

In order to obtain warranty service, go to www.philips.com/support for assistance. It is suggested that for your protection you return shipments of product by insured mail, insurance prepaid. Damage occurring during shipment is not covered by this warranty.

NOTE: No other warranty, written or oral, is authorized by Philips North America LLC.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state, province to province or country to country. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above exclusion and limitations may not apply to you.

* Read enclosed instructions carefully.

In US manufactured for: Philips Personal Health, a division of Philips North America LLC, P.O. Box 10313, Stamford, CT 06904.

In Canada imported by: Philips Electronics LTD, 281 Hillmount Road, Markham, Ontario L6C 2S3.

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Troubleshooting

This chapter summarizes the most common problems you could encounter with the appliance.

If you are unable to solve the problem with the information below, visit www.philips.com/support or call 1-866-832-4361 for assistance.

Connectivity troubleshooting

| Problem | Solution |
|---|---|
| I cannot download the app on my smartphone. | The app is available for Android and IOS smartphones. The app is not available for Windows phones. |
| I cannot connect my Wake-Up Light to my home-Wi-Fi network, what should I do? | <p>If you cannot connect your Wake-Up Light to your home Wi-Fi network and still see the flashing icon for access point mode (📶), it could be one of following issues:</p> <ol style="list-style-type: none"> 1. Wrong password. Make sure that you entered the correct Wi-Fi network password and try again. 2. Is your router suitable for connection with your Wake-up Light? Your router must have a 2.4 GHz band to communicate with the appliance. For the first time setup make sure your smartphone and the appliance are both connected to the same 2,4 GHz Wi-Fi network, otherwise you will not be able to connect the appliance and your smartphone. 3. Check the signal strength of the Wi-Fi. If the signal is weak, the appliance cannot connect properly. Move the appliance closer to the router to make sure that a good Wi-Fi signal is available. 4. If the previous steps are not the issue, call 1-866-832-4361 for assistance. |
| Connecting my connected Sleep & Wake-Up Light to a Wi-Fi guest network does not work. | <p>Within a Wi-Fi guest network, different devices (e.g. your smartphone and connected Sleep & Wake-Up Light) are often not allowed to communicate with each other. You will see the flashing icon for access point mode (📶) on the display of the appliance.</p> <p>If you want to change this setting within your own Wi-Fi guest network, enable universal Plug and Play (uPnP) on your router.</p> |

| Problem | Solution |
|---|--|
| <p>I cannot use the app to set alarms or control the connected Sleep & Wake-Up Light.</p> | <p>First, check if your Sleep & Wake-Up Light is connected to a Wi-Fi network. If you completed the Wi-Fi Setup through the Philips SleepMapper app and connected your appliance to a specific Wi-Fi network, you should see a steady Wi-Fi symbol on the display of the appliance .</p> <p>First check if Wi-Fi on your smartphone and router are enabled. If you see the Wi-Fi disabled icon  on the display of the appliance, enable Wi-Fi first (see 'Wi-Fi').</p> <ul style="list-style-type: none"> - Your smartphone could have reconnected to a different Wi-Fi network. Make sure that your smartphone and appliance are connected to the same home Wi-Fi network. <p>If you see the Wi-Fi connection issue icon , it could be one of the following issues.</p> <ol style="list-style-type: none"> 1. Check the settings for your home Wi-Fi network on the router. It could be that universal Plug and Play (uPnP) is not enabled on your router. Enable this setting on the router. 2. Check the signal strength of the Wi-Fi. If the signal is weak, the appliance cannot connect properly. Move the appliance closer to the router to make sure that a good Wi-Fi signal is available. 3. You might have changed the home Wi-Fi password or installed a new router (see 'Easy Wi-Fi setup'). |
| <p>How do I remove my personal Wi-Fi settings and alarms from the connected Sleep & Wake-Up Light?</p> | <p>Go back to factory settings by pressing the end of a paperclip into the reset button on the back of the appliance (see 'General description').</p> |
| <p>I want to connect my new smartphone to my connected Sleep & Wake-Up Light. What do I need to do?</p> | <p>Please install the app again on your new smartphone. Indicate in the app that you already installed the connected Sleep & Wake-Up Light and follow the instructions in the app.</p> |

General troubleshooting

| Problem | Solution |
|--|--|
| <p>The icon on the display or the light on the appliance does not respond when I try to set different functions.</p> | <p>Go back to factory settings by pressing the end of a paperclip into the reset button on the back of the appliance (see 'General description'). Check if this solves the problem. If the appliance still does not work, call 1-866-832-4361 for assistance. Please note that all personal settings (set alarm etc.) will be removed by going back to factory settings.</p> |

| Problem | Solution |
|---|--|
| The lamp does not go on when the alarm goes off. | Perhaps you set a light intensity level that is too low. Increase the light intensity level in your wake-up profile (see 'Light intensity of the wake-up profile'). |
| | Perhaps you turned off the alarm function. The alarm icon is visible on the display when the alarm is active (see 'Set wake-up profile'). |
| The lamp does not go on right away when I switch it on. | It may take between 1 to 5 seconds for the lamp to go on, depending on the set light intensity level. |
| I do not hear the alarm sound when the alarm goes off. | Perhaps you set a sound level that is too low. To set a higher sound level, increase the volume level of the wake-up sound in your wake-up profile. |
| | When you have set an alarm, you will first see the light of the wake-up curve. The alarm sound only starts playing when the set alarm time has been reached. You can change the duration of the wake-up light curve. |
| | If you selected the FM radio as the alarm sound, turn on the FM radio after you turn off the alarm to check if the FM radio works. Check if your FM radio is correctly tuned to a radio station. If necessary, adjust the frequency. If the radio still does not work, call 1-866-832-4361 for assistance. |
| The FM radio does not work or makes a crackling sound. | Check if the FM radio is correctly tuned to a radio station. If necessary, adjust the frequency. |
| | Change the position of the antenna by moving it around. Make sure that you have unwound the antenna completely. |
| | Perhaps the broadcast signal is weak. Adjust the frequency and/or change the position of the antenna by moving it around. Make sure you have unwound the antenna completely. |
| The alarm went off yesterday, but it did not go off today. | Perhaps you turned off the alarm function or only set the alarm for one day. The alarm icon is visible on the display when the alarm is due within 24 hours. |
| | In the Philips SleepMapper app you have several options to set alarms; perhaps the alarm was not set correctly. Check if you have set the alarm in the app correctly. Make sure your appliance and the app are connected to the same home Wi-Fi network when you set an alarm. |
| I wanted to snooze, but the alarm did not go off again after 9 minutes. | You might have accidentally pressed the icon on the display to dismiss the alarm  . This deactivates the alarm for that day. Tap the top of the appliance to snooze (see 'Snoozing'). |

| Problem | Solution |
|---|--|
| The light wakes me too early or too late. | Perhaps the light intensity level you have set is not appropriate for you. Try a lower light intensity level if you wake up too early or a higher intensity level if you wake up too late. You can also change the duration of the wake-up curve. If light intensity 1 is not low enough, move the appliance further away from the bed. If the light intensity is not high enough to wake you, make sure that the light of the appliance is not blocked by any object and the appliance is nearby. |
| I am unable to turn the Midnight Light function on/off. | Make sure you tap on the correct position (top/back) of the appliance. |
| I am unable to stream music via USB. | The USB connection is only for charging your mobile phone. You are not able to stream music to the connected Sleep & Wake-Up Light. |
| The aux inlet doesn't work properly. | Try to set the volume on your smartphone either higher or lower. If necessary, adjust the volume level on the appliance as well. |
| Suddenly the appliance makes a beeping sound. | The backup alarm went off. This can happen up to 8 hours after the power was removed and a set alarm time is due. The alarm sound stops automatically after approximately 1 minute. You also can stop the alarm sound immediately if you power up the appliance for a brief moment. To prevent the back-up alarm from going off when the power is removed (e.g. storage) disable the alarms prior to powering down. |

Safety and compliance

This appliance meets the safety requirements in the USA and Canada for:

- UL 153, CSA C22.2 No. 250.4-14 (Portable Electric Luminaires)
- UL 8750 (Light Emitting Diode (LED) Equipment for Use in Lighting Products)
- UL 60065, CSA-C22.2 No. 60065-03 (Audio, Video and Similar Electronic Apparatus – Safety Requirements)

Electromagnetic fields (EMF)

This Philips appliance complies with all applicable standards and regulations regarding exposure to electromagnetic fields.

FCC Information

- This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
 - Reorient or relocate the receiving antenna.
 - Increase the separation between the equipment and the receiver.
 - Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
 - Consult the dealer or an experienced radio/TV technician for help.
- This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.
- This equipment complies with FCC radiation exposure limites set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20 cm between the radiator and your body. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
- This Class B digital apparatus complies with Canadian ICES-005.
- This device complies with Industry Canada's licence-exempt RSSs. Operation is subject to the following two conditions:
 - This device may not cause interference; and
 - This device must accept any interference, including interference that may cause undesired operation of the device.
- Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :
 - l'appareil ne doit pas produire de brouillage, et
 - l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Specifications

Model

| | |
|---|--|
| Rated input voltage adapter | 100-240V AC |
| Rated input frequency adapter | 50/60Hz |
| No-load power adapter | <0.1W |
| Rated output voltage adapter | 24V DC |
| Rated output power adapter | 18W |
| Average Standby Power appliance (Conditions: all functions suspended, ambient light scenario: day 12h 500 lux, night 12h 0lux) | <ul style="list-style-type: none"> - Wi-Fi on and display at maximum brightness < 2W - Wi-Fi off and display maximum brightness < 1W |

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|-------------------------------------|--|
| USB charging port | 5V, 1000mA |
| AUX sensitivity | 280mV |
| Nominal light output (level 1 - 25) | 1 - 350 lux at 45cm (1 - 350* lux at 17.7 in.) depending on model |
| Nominal light color (level 1 - 25) | 1500-2800K |
| Physical characteristics | |
| Dimensions (height x width x depth) | 22.5 x 22.0 x 12.0cm (8.8 x 8.7 x 4.7in.) |
| Weight main unit / adapter | Approx 0.77kg (27.2oz) / 0.14kg (4.9oz) |
| Cord length adapter | 183cm (6ft) |
| Classification | |
| Main unit | Portable Electric Luminaires |
| Adapter | Class 2 power supply |
| Mode of operation | Continuous |
| Operating conditions | |
| Temperature | +5°C to +35°C (41°F to 95°F) |
| Relative humidity | 15% to 90% (no condensation) |
| Storage conditions | |
| Temperature | -20°C to +50°C (-4°F to +122°F) |
| Relative humidity | 15% to 90% (no condensation) |
| AmbiTrack sensors | |
| Light sensor | 0 lux to 10000 lux |
| Temperature sensor | 0°C to +50°C (32°F to +122°F) |
| Humidity sensor | 0% to 100% (relative humidity) |
| Sound pressure sensor | 30dBA to 70dBA |
| FM | |
| Operating Frequency | 87.5 MHz - 108.0 MHz |
| WiFi | |
| Operating Frequency | Channel 1 to channel 11 (2412 MHz - 2462 MHz) |
| Modulation Type | IEEE 802.11b, 802.11g, 802.11n (20 MHz) |
| RF output power | Max. 30 dBm |

Specifications are subject to change without notice.

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