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HF3430

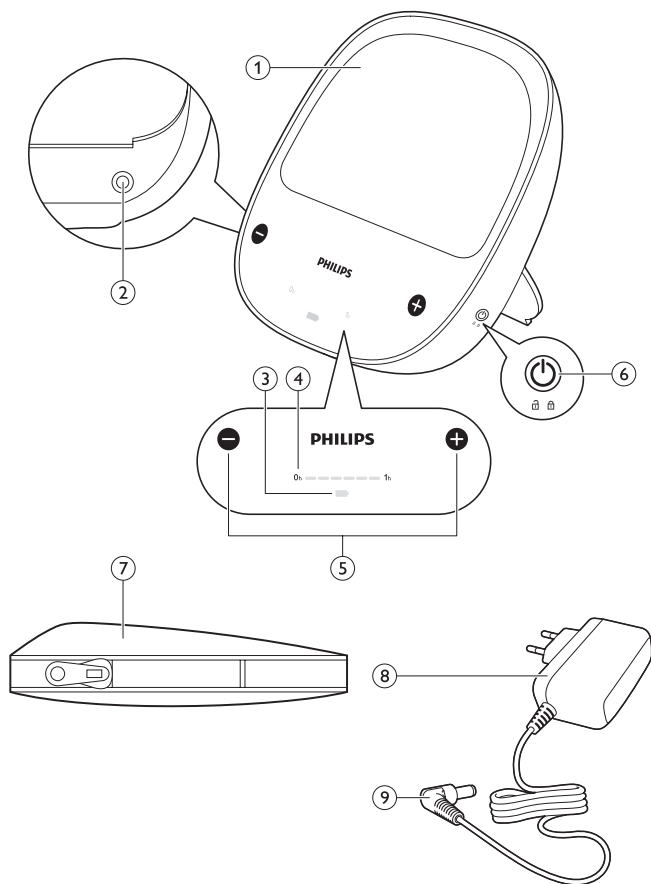
Question?
Contact
Philips



User manual

PHILIPS





HF3430

ENGLISH 6

Introduction

Congratulations on your purchase and welcome to Philips! To benefit fully from the support that Philips offers, register your product at

www.philips.com/welcome.

Read this user manual carefully before using this Philips energy light.

Intended use

Philips EnergyUp Intense Blue is intended to make people feel more energetic, to adjust circadian rhythms and to provide relief from the winter blues. Medical intended use of this appliance is to treat winter depression or SAD (seasonal affective disorder). Treatment of SAD must always take place under medical supervision.

Light - a natural energiser

Today's busy modern lifestyles demand peak performance all day long. Even the fittest person suffers energy dips, particularly when deprived of natural daylight, such as in an office in winter. Daylight is essential to well-being, keeping fit and feeling energised throughout the day – just like healthy nutrition and regular exercise. Philips EnergyUp Intense Blue mimics the natural energising power of daylight on a bright sunny day. It stimulates special receptors in the eye to trigger the body's natural response to sunlight. This helps you to fight energy dips, to feel more energetic, active and alert, and to improve your mood.

Circadian rhythms and sleep patterns

The human body uses light cues, such as those provided by the sun, to time certain internal functions. Properly timed rhythms regulate energy, mood, sleep, appetite and digestion. These daily internal cycles, called circadian rhythms, sometimes fall out of sync with nature, which can have impact on our well-being. Nature's cues no longer govern our modern lifestyle. Our day no longer starts at sunrise and ends at sunset, working days are getting longer, and many people work in shifts. Moreover, our activities often extend well into the night. Many people tend to get too little sleep during the week, which diminishes their energy levels during the day. Using Philips EnergyUp Intense Blue at the right time of day can help you establish and reinforce regular sleep patterns.

Light via eyes

Research shows that a special photoreceptor in our eyes is responsible for regulating our energy, mood and sleep/wake cycles. This receptor responds mostly to the blue light of the summer sky. We do not get much of this light in autumn and winter. Most indoor light does not provide enough of this essential colour. This appliance helps you to be at your best by delivering the wavelength, colour and intensity of light to which our body responds most efficiently.

Winter blues

Lack of light during the darker winter months causes many people to experience a noticeable drop in energy level and low spirits as autumn sets in. These symptoms, known as 'winter blues', may cause you to feel low, listless and fatigued for weeks or even months. This affects both personal performance and mood. Blue light therapy is a successful method to fight these winter blues symptoms. It provides your body with summer vitality throughout the dark winter months.

General description (Fig. 1)

- 1 Light panel
- 2 Socket for small plug
- 3 Charge indicator
- 4 Time indicator bar
- 5 Intensity increase and decrease buttons
- 6 On/off button
- 7 Pouch
- 8 Adapter HF10
- 9 Small plug

Important

Read this user manual carefully and always adhere to the treatment instructions.

Contraindications

The following conditions may be contraindications for use of this appliance:

- bipolar disorder
- recent eye surgery or a diagnosed eye condition for which your doctor advised you to avoid bright light
- use of photo-sensitising medications (e.g. certain antidepressants, psychotropic drugs or malaria tablets)

If any of the above conditions apply to you, always consult your doctor before you start using the appliance.

Possible reactions

Possible adverse reactions to light from this appliance are relatively mild and of a transient nature. They may include:

- Headache
- Eyestrain
- Nausea

Measures to avoid, minimise or alleviate these adverse reactions:

- Always use the appliance in a well-lit room.
- Reduce the light intensity if these reactions occur.
- Stop using the appliance for a few days to make the reactions disappear and then try again.

Important safety information

Danger

- Keep the appliance and the adapter dry and away from water. Do not place or store it over or near water contained in a bathtub, washbasin, sink etc. Do not immerse it in water or any other liquid. This may affect the safety of the appliance.
- The adapter contains a transformer. Do not cut off the adapter to replace it with another plug, as this causes a hazardous situation.

- Never use the adapter if it is damaged in any way. Always have the adapter replaced with one of the original type in order to avoid a hazard.

Warning

- If you suffer from depression, consult your doctor before you start using this appliance.
- Do not use the appliance in a room where there is no other light source, as this may cause eyestrain. Use the light of this appliance as an addition to the normal light (sunlight, electric light) in your home.
- Do not look straight into the light too long, as this may be uncomfortable to your eyes.
- Do not use the appliance where its light may hinder you or other people during the performance of essential tasks such as driving or operating heavy equipment.
- 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.
- Children should be supervised to ensure that they do not play with the appliance.
- Only use the appliance with the adapter supplied.
- Do not modify the appliance and its accessories.
- Stop using the appliance if it is damaged in any way. Do not look directly at uncovered LEDs, as their light is very bright. If repair is needed, consult chapter 'Guarantee and support' for information.
- Never open the appliance to prevent electric shock, finger burns or temporary black spots in the eye.
- Do not use the appliance in the presence of flammable anaesthetic mixtures with air, oxygen or nitrous oxide.

Caution

- Do not use the appliance outdoors or near heated surfaces or heat sources.

- This appliance contains an internal rechargeable lithium-ion battery pack. Do not incinerate, disassemble or expose to high temperatures above 50°C (122°F). Do not operate or charge the appliance at temperatures below 5°C (4°F) or above 35°C (95°F). Batteries can overheat, causing fire or bursting.
- Use the appliance in vertical position with the stand in place. Do not use it in horizontal position without the stand or cover it, as this might cause the appliance to overheat.
- Do not place heavy objects on the appliance, the adapter or the cord.
- When you unplug the appliance, grasp the adapter directly to avoid damaging the cord. Never pull on the cord to remove the adapter from the wall socket.

Safety and compliance

- This Philips appliance complies with all applicable standards and regulations regarding exposure to electromagnetic fields.
- This is a Class IIa medical appliance. It meets the requirements of Medical Device Directive MDD 93/42/EEC and 2007/47/EC for medical appliances.
- This is not a general illumination product.

Electromagnetic compatibility (EMC)

Portable and mobile radio frequency communication equipment, such as mobile phones, cordless telephones and their base stations, walkie-talkies, and wireless home network devices (routers), can affect the Philips EnergyUp. They must therefore not be used in close proximity to the EnergyUp. If this cannot be avoided, the EnergyUp must be observed to verify normal operation. If abnormal performance (e.g. loss of functionality, light inconsistency, flicker) is observed, additional measures may be necessary, such as re-orientation of the radio frequency communication equipment or the EnergyUp.

General

The adapter is equipped with an automatic voltage selector and is suitable for mains voltages ranging from 100 to 240 Vac, 50-60 Hz.

Charging

Note: You can use the appliance while it is charging. Charging normally takes 3 to 4 hours. The charging time is longer when you use the appliance while it is charging.

- 1** Fold out the stand and place the appliance on a table (Fig. 2).
 - 2** Insert the small plug into socket on the appliance (Fig. 3).
 - 3** Put the adapter in the wall socket.
- D** The charge indicator pulsates green during charging. When the battery is fully charged, the charge indicator turns solid green. It continues to light up solid green for 1 hour (Fig. 4).

Note: When the battery is fully charged, it contains enough energy for about 1 hour of use at full intensity.

Using the EnergyUp

When to use the EnergyUp

Knowing at what time to use the Philips EnergyUp is essential. It may mean the difference between feeling better in a few days instead of weeks and between experiencing benefits or experiencing none. Follow these guidelines to understand how light affects us and when to use the Philips EnergyUp for the best results.

Duration

Most people experience benefits if they use the appliance 20 to 30 minutes each day. It is safe to use the Philips EnergyUp longer, provided you do so at the correct time of day. You may notice some energising effects of light immediately. Other effects become noticeable after several days of regular use.

Indoor life and energy dips

If you spend a lot of time indoors with little daylight and artificial light, you can experience the energising effects of the Philips EnergyUp very quickly after you switch it on. You can also use the appliance as an extra source of light throughout the day (but not in the evening or at night) to compensate for the lack of natural daylight.

Many people experience a natural dip in the afternoon. The Philips EnergyUp can help you counteract this dip.

Winter blues

If you experience lower energy levels, an increased need for sleep, and a lower mood in the dark season compared to spring and summer, use the energy light for 20-30 minutes a day. Preferably use it in the morning to help you start the day. You may also use it later during the day, but do not use it in the last few hours before bedtime. If you do, the light could delay your sleep and make you even less energetic the next day.

Winter depression

If your seasonal mood swings are more severe and you suffer from depression, consult a therapist and only use light therapy under supervision. Your therapist may prescribe 30 minutes of treatment per day at level 1 or 2 over several weeks.

Sleep patterns

- Morning persons tend to wake up early in the morning and usually find it difficult to stay awake in the evening. If you want to get more out of your evening, avoid bright light directly after waking up and use the Philips EnergyUp in the evening close to bedtime.
- Evening persons find it difficult to get up in the morning and are full of energy in the evening. If this applies to you, you need morning light. Use the Philips EnergyUp within the first 1-2 hours after you get out of bed. Avoid bright light or blue-rich light in the last 4 hours before bedtime. Daily use of the Philips EnergyUp in the morning may help you establish a regular sleep pattern that allows you to function better in the morning.

***Note:** If your desired wake-up time is less than six hours after your normal bedtime, do not use the Philips EnergyUp immediately after you wake up. This could give your body a signal that is opposite to the one intended.*

Recommended times to use the Philips EnergyUp

Time to use EnergyUp >>	Morning	Lunchtime	Afternoon	Evening
----------------------------	---------	-----------	-----------	---------

Energy need ▼

Lack of daylight indoors	+++	+++	+++	---
Morning person	---	+	++	+++
Evening person	+++	++	+	---
Afternoon energy dip	+	+++	+++	---
Winter blues	+++	+	+	---

- The more pluses (+++) there are in a column, the more suitable the time.
- --- means: do not use the appliance at this time.

Jet lag

Rapidly travelling across several time zones puts your internal body clock out of sync with the new external time. This not only causes sleeping problems, but also influences your mood and energy level. If you stay for more than a few days in the other time zone, you may want to shift your body clock to the new time zone. This will help you sleep better and be more alert and energetic when you need to. One of the best strategies to deal with jet lag is to start shifting your body clock and sleep times several days before you leave.

Travelling east

When you travel east, you have to advance your sleep time by a number of hours that equals the time zones you cross. You can shift your body clock forwards in steps of one hour a day. The number of time zones you cross determines how many days before departure you have to start using the Philips EnergyUp. Use the appliance for 30 minutes after you

wake up. Avoid bright light in the evening and go to bed early. When you arrive at your destination, avoid bright light during your normal sleep period. Expose yourself to bright light at the end of this period to advance your body clock further to the local time.

Before your return flight, use the Philips EnergyUp late in the evening for a couple of days. On the last night of the trip, try to stay up and use the appliance as late as possible after midnight. On the day of the flight, avoid any bright light in the morning.

Travelling west

Since most people's body clocks adjust more easily to later time zones, you only have to use the Philips EnergyUp for one day before you travel across four time zones. Add an additional preparation day for each three additional time zones. You do not have to use the Philips EnergyUp for more than three days, even on longer westbound trips. Use the appliance for 30–40 minutes late in the evening. Start two or three days before you leave. Use the appliance two hours later the following nights.

When you arrive at your destination, try to stay awake until bedtime and avoid bright evening light (wear sunglasses) for the first few days. Before you travel home, avoid any bright afternoon and evening light. Use the Philips EnergyUp in the morning for a few days.

Light intensity

Use the Philips EnergyUp in addition to the normal room lighting. The Philips EnergyUp is more comfortable to use in a well-lit room. Adjust the brightness to a comfortable level. Allow a few minutes for your eyes to get used to the bright light. If the highest setting is too bright for you, start using the appliance at a lower setting. Increase the light intensity if you feel no effect after a week.

How to use the appliance

- 1** Place the appliance at arm's length (at approximately 50-75cm from your eyes) within your field of vision. The light must bathe your face (Fig. 5).
- You can read, eat, work at the computer, watch TV or exercise while you use the appliance.

- For the best results, place the appliance at the same level as your midriff (stomach area), e.g. place it on the table at which you are sitting.

Note: Do not stare into the light of the appliance. It is sufficient that the blue light reaches your eyes indirectly.

- Use the appliance in a well-lit room to minimise eyestrain.

2 Press the on/off button briefly to switch on the appliance (Fig. 6).

- The first time you switch on the appliance, the blue light comes on at the default middle setting.
- The next time you switch on the appliance, the light comes on at the last used setting. You can choose five settings.

3 To choose a lower or higher setting, touch the + or - button briefly to arrive at a light intensity that is comfortable to you (Fig. 7).

- The timer starts to count up to 1 hour. The first segment of the time indicator bar flashes (Fig. 8).
- After 10 minutes, the first segment lights up solid and the second segment starts flashing (Fig. 9).
- After 10 more minutes, the second segment lights up solid and the third segment starts flashing.
- This process continues, until all segments of the time indicator bar light up solid after 1 hour.

Note: If you want to switch off the appliance, press the on/off button briefly.

4 If you use the appliance on its rechargeable battery, the charge indicator lights up solid orange after about 1 hour to let you know that the rechargeable battery is low. Connect the appliance to the mains to charge the rechargeable battery (Fig. 10).

Note: You can use the appliance while it is charging.

5 If the battery is low and the appliance is not connected to the mains, the battery symbol starts flashing orange after some time (Fig. 11).

6 If you do not connect the appliance to the mains, the appliance switches off.

Travel lock

You can activate the travel lock to prevent the appliance from being switched on when a button is pressed accidentally while you travel or carry the appliance.

- 1** To activate the travel lock, press and hold the on/off button for 5 seconds (Fig. 12).
 - If the appliance is on, it switches off. The segments of the timer indicator bar flash once to confirm that the appliance is locked.
 - When the appliance is locked, the segments of the timer indicator bar will flash once when you press the on/off button briefly to indicate that the appliance is locked. If you touch the + or - button while the appliance is locked, the appliance does not respond.
- 2** To deactivate the travel lock, press and hold the on/off button for 5 seconds.
 - The appliance switches on.
 - The segments of the time indicator bar flash twice to confirm that the appliance is unlocked.
 - The + and - buttons are active again.

Note: The travel lock is deactivated automatically when you connect the appliance to the mains.

Cleaning and storage

Never immerse the appliance in water or any other liquid, nor rinse it under the tap.

Never use scouring pads, abrasive cleaning agents or aggressive liquids such as petrol or acetone to clean the appliance.

- 1** Clean the appliance with a dry cloth (Fig. 13).
- 2** If you are not going to use the appliance for some time or if you want to take it with you while travelling, put it in the travel pouch for protection (Fig. 14).

Frequently asked questions

This chapter lists the questions most frequently asked about the appliance. If you cannot find the answer to your question, visit www.philips.com/support for more frequently asked questions or contact the Consumer Care Centre in your country.

Question	Answer
I have heard that blue light can be dangerous. Can this appliance damage my eyes?	Philips EnergyUp complies with the photobiological safety standard IEC62471-1-1. According to this standard, the appliance represents no risk to healthy eyes and can be safely used.
Can I get sunburn from using this appliance?	No, sunburn is caused by UV light. The light produced by this appliance does not contain UV.
Is Philips EnergyUp safe to use around children and pets?	The light is safe to be used around children and pets. However, do not let children play with the appliance.
Can I use Philips EnergyUp when I am pregnant?	Yes, there are no known side effect from using Philips EnergyUp during pregnancy.
Do I have to take off my glasses when I use the appliance?	No, you can use the appliance with your glasses on. Do not wear tinted glasses or sunglasses when you use the appliance, as these glasses reduce its effectiveness.

Question	Answer
How often do I have to use Philips EnergyUp?	Use the Philips EnergyUp every day at the right time to achieve the result you want. For more information on the duration of a session, read chapter 'Using the EnergyUp'. Except when you try to adjust your sleep time, we advise you to use the EnergyUp at the same time every day. It is usually sufficient to use it 20 to 30 minutes a day. It is absolutely safe to use it longer, if you want to.
When do I start to notice improvement from using Philips EnergyUp?	You may start to feel the energising effect any time between first use and 1 to 2 weeks of daily use.
Is it harmful to sit in front of a switched-on EnergyUp for a long time?	No, the Philips EnergyUp is absolutely safe, also when you use it throughout the day. However, avoid using the light in the last 4 hours before you go to bed, as the energising effect of the light may interfere with your sleep.
Can the lamp of the EnergyUp be replaced?	No, the Philips EnergyUp has a durable LED lamp that lasts many years.
Can I replace the rechargeable battery?	No, the battery is not replaceable. If the battery capacity decreases, you can continue to use the appliance on mains power.
The EnergyUp appears to be locked because I cannot switch it on. What should I do?	The travel lock is active. Press and hold the on/off button for 5 seconds until the appliance switches on. You can also plug in the appliance. This automatically unlocks it.

Ordering accessories

To buy accessories or spare parts, visit **www.shop.philips.com/service** or go to your Philips dealer. You can also contact the Philips Consumer Care Centre in your country (see the worldwide guarantee leaflet for contact details).

Accessories

The following accessories are available:

- adapter HF10 EU: service code 4222.036.2482.1
- adapter HF10 UK: service code 4222.036.2483.1
- pouch: service code 4222.036.2485.1

Guarantee and support

If you need information or support, please visit the Philips website at **www.philips.com/support** or read the separate worldwide guarantee leaflet.

Recycling

- This symbol on a product means that the product is covered by European Directive 2012/19/EU (Fig. 15).
- This symbol means that the product contains a built-in rechargeable battery covered by European Directive 2006/66/EC which cannot be disposed of with normal household waste. Follow the instructions in section 'Removing the rechargeable battery' to remove the battery (Fig. 16).
- Inform yourself about the local separate collection system for electrical and electronic products and rechargeable batteries. Follow local rules and never dispose of the product and rechargeable batteries with normal household waste. Correct disposal of old products and rechargeable batteries helps prevent negative consequences for the environment and human health.

Removing the rechargeable battery

Only remove the rechargeable battery when you discard the appliance. Make sure the battery is completely empty when you remove it.

- 1** Disconnect the appliance from the mains and remove the appliance plug.
- 2** Switch on the appliance and leave it on until it goes out automatically.
- 3** Peel off the rubber material at the bottom rear end of the appliance (Fig. 17).
- 4** To open the housing, place the tip of a flat-head screwdriver on the break line with one hand. This line is indicated on the back of the housing. Then hit the top of the screwdriver handle with a hammer until the housing breaks open.
- 5** Repeat this in several spots along the break line until a whole section of the housing is loose. Remove this section with the tip of the screwdriver (Fig. 18).
- 6** Remove the rechargeable battery from the housing with the tip of the screwdriver (Fig. 19).

Note: Do not try to remove the rechargeable battery with your fingers. The plastic edges of the housing may be sharp.

Always wear gloves when you handle the rechargeable battery. It may be damaged.

- D** You have now successfully removed the rechargeable battery from the appliance.

Specifications

Model	HF3430
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Electrical

Rated input voltage adapter	100-240 VAC
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Rated input frequency adapter	50-60 Hz
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No-load power adapter	<0.1 W
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Rated output voltage adapter	9 Vdc
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Model	HF3430
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Rated output power adapter	10 W
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Standby power appliance	<0.25 W
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Classifications

- Medical device classification	Ila
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- Insulation class adapter	II
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- Ingress of an object and water	IP51
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- Mode of operation	Continuous
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Rechargeable battery type

1-cell lithium-ion	nominal 3.6 V, 2250 mAh
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IEC 62133 and UL 1642 compliant

Operating conditions

Temperature	from 5°C to +35°C
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Relative humidity	from 15% to 90% (no condensation)
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Storage conditions

Temperature	from -20°C to +50°C
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Relative humidity	from 15% to 90% (no condensation)
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Physical characteristics

Dimensions	14 x 14 x 2.5 cm
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Weight	0.4 kg (less than 14 ounces)
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Peak wavelength	475-480 nm
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Half-peak bandwidth	20 nm
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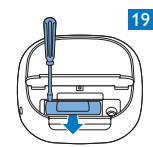
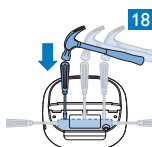
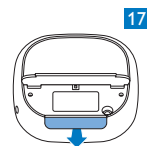
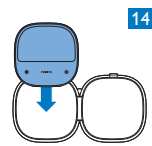
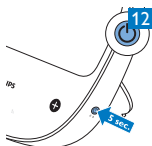
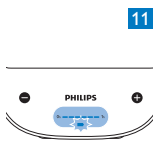
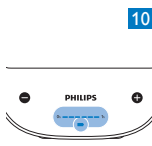
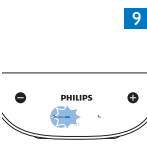
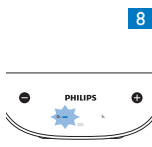
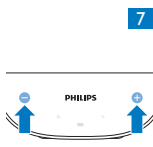
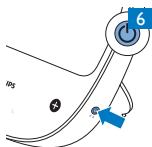
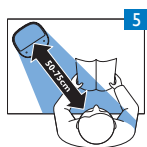
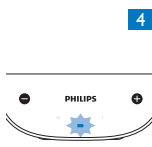
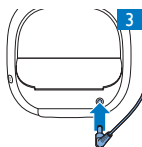
Model	HF3430
Nominal output at 50 cm (100% intensity)	1.9 W/m ² ; 200 lux
Maximum output at 50 cm (100% intensity)	3 W/m ² ; 235 lux
Variation in treatment area at 50 cm	+/- 7%
Expected service life	
Expected service life	7 years

Symbol key

The following symbols may appear on the appliance:

Symbol	Description
	Consult the user manual supplied
	DC power
	DC jack polarity
	Indoor use only
IP51	Degree of protection against liquid and particles.
HF3430	Model number
	KEMA approval logo
	CE stands for European Declaration of Conformity. The code 0344 indicates that the notified body is DEKRA.

Symbol	Description
	Compliant with the Waste Electrical and Electronic Equipment/Restriction of the Use of Certain Hazardous Substances in Electrical and Electronic Equipment (WEEE) recycling directives.
	Philips Shield
	Manufactured for: Philips Consumer Lifestyle B.V, Tussendiepen 4, 9206 AD Drachten, Netherlands. Fax: +31 (0)512594316
	Date code and serial number of this appliance
	On/off button
	Decreasing light intensity button
	Increasing light intensity button
	Locking and unlocking the travel lock







Philips Consumer Lifestyle B.V.
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9206 AD Drachten, Netherlands.
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