

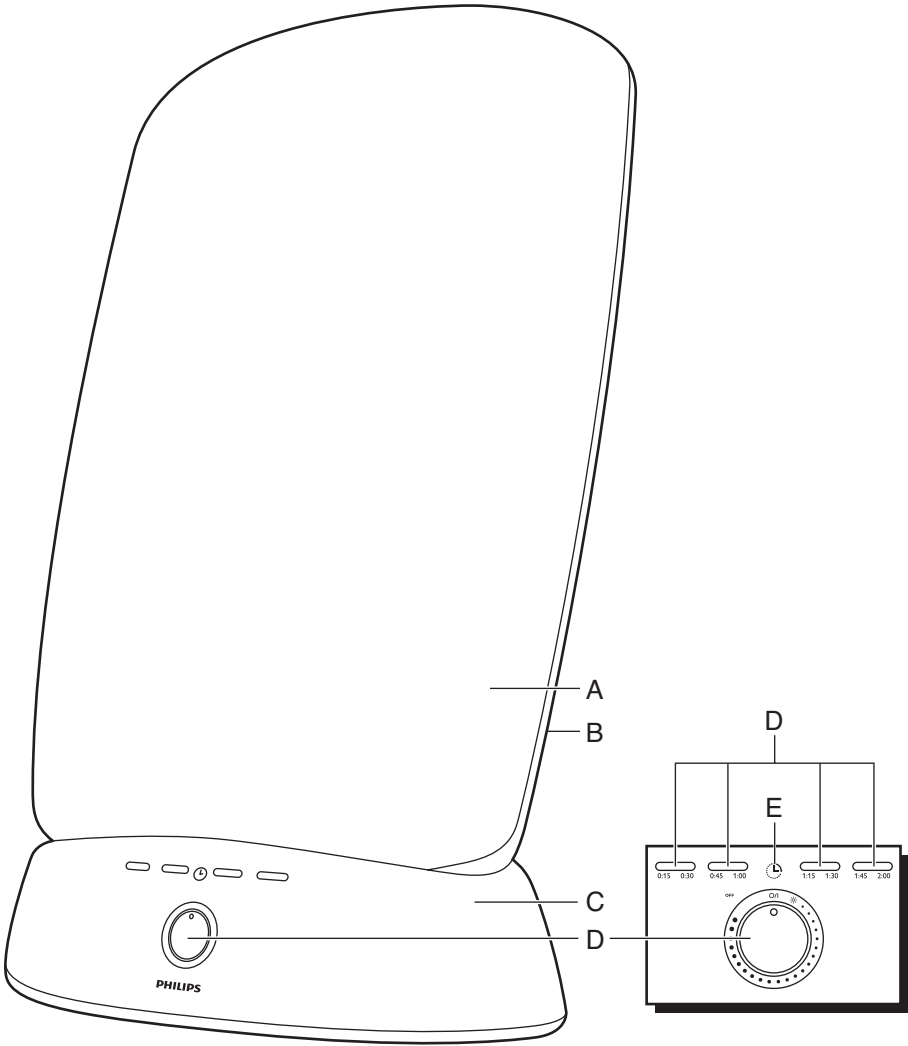
Register your product and get support at
www.philips.com/welcome

HF3318

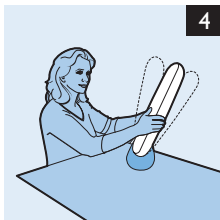
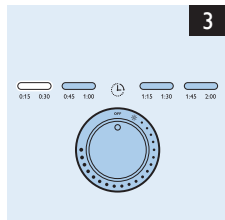
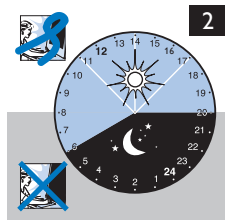


PHILIPS

Fig. 1



- 1 — O/I
- 2 — *
- 3 —



IMPORTANT SAFETY INSTRUCTIONS

Read this user manual carefully before you use the appliance and save it for future reference.

WARNING (a warning indicates the possibility of injury to the user or operator)

- 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).
- Check if the voltage indicated on the appliance corresponds to the local voltage before you connect the appliance.
- If the power cord is damaged, do not use the appliance. Call 1-866-832-4361 for assistance.
- Close supervision is necessary when this appliance is used by, or near children or invalids.
- Children should be supervised to ensure that they do not play with the appliance.
- No modification of this appliance is allowed.
- Never use the appliance if the lamp housing or cover is damaged, broken or missing.
- Do not use the appliance in a room that is not illuminated by any other lamp, 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 for your eyes.
- Consult your doctor before you start using the Philips EnergyLight if:
 - 1 you suffer or have suffered from severe depression;
 - 2 you are hypersensitive to light (e.g. due to diabetes or epilepsy);
 - 3 you have an eye complaint;
 - 4 you are on specific medication (i.e. certain antidepressants, psychotropic drugs or malaria tablets);
 - 5 you have high blood pressure.
- If use of the appliance causes you to become too active, we advise you to reduce the exposure to bright light. If there is no improvement, consult your doctor.
- If you feel exhausted, distressed or restless and/or suffer from sleeping problems (e.g. insomnia) after you have used the appliance, we advise you to consult your doctor.

Caution (a caution indicates the possibility of damage to the appliance)

- Always unplug the appliance after use.
- Place the appliance on a stable, level and non-slippery surface.
- Do not place any object on top of appliance.
- When unplugging the appliance, grasp the plug directly to avoid damaging the cord. Never pull on the power cord to remove the plug from the outlet.
- Use this appliance for its intended household use as described in this manual. Do not use attachments not recommended by Philips Electronics North America Corporation.
- If this appliance is damaged in any way or it is not working, it should not be operated. Please visit philips.com/support or call 1-866-832-4361 for assistance.

Contraindications

- The EnergyLight may not be suitable for use on individuals who use photosensitizing medications, who have had cataract surgery, who have pre-existing eye conditions (also possibly due to diabetes or high blood pressure), or who have bipolar disorder.

General

- The duration of the light exposure depends on the distance at which the appliance is used. See chapter 'Using the appliance' for the appropriate distance and duration.
- After the first few light exposures, you may experience some eye strain and/or a light headache. These side effects tend to disappear quickly.
- Learn more about your EnergyLight at www.lighttherapy.com

SAVE THESE INSTRUCTIONS

Safety and compliance

- This appliance meets the requirements of the safety standard for medical devices ANSI AAMI ES60601-1:2005 and CAN/CSA-C22.2 No. 60601-1:2008.
- 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.

Symbol key

The following symbols may appear on the appliance:

Symbol	Description
	Consult the user manual supplied
HF3318	Model number
	UL Listing Mark for Canada and the United States
O/I	Off/On
	Class II equipment
	Philips Shield
YYYYWW	Date Code

IMPORTANT: This product contains mercury-containing lamp, which must be recycled or disposed of in accordance with local, state or federal laws. Go to <http://www.recycle.philips.com/> for more information.

Introduction

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

The Philips EnergyLight is intended to make people feel more energetic and to provide mood relief from the winter blues. If you suffer from severe mood swings or depression make sure to consult a professional and do not use this device for self treatment.

The EnergyLight is suitable for both light exposures and normal lighting.

Light and health

The human body uses light cues, such as those provided by the sun, to time certain functions. Light exposure can boost mood and energy. Light has direct alerting and energizing effects and can improve our performance. Bright light therapy is also successfully used for mood relief, especially for seasonal mood swings.

In countries with long winters, many people experience loss of energy and low spirits due to lack of light. These symptoms are referred to as the winter blues. They typically start in the fall and may last for several weeks. Exposure to bright light sources can help alleviate these symptoms and restore the summer mood and summer energy level.

Many people are troubled by one or more symptoms of the winter blues. Many health experts agree that the winter blues can be counteracted by exposure to bright light. 'Bright light' means daylight with a certain intensity. In winter, the light intensity is often much lower than in summer: on a gloomy winter day the light intensity varies between 2,500 and 10,000 lux, whereas this may be as much as 100,000 lux on a bright summer day. Moreover, in winter most people spend a lot of time indoors, either at home or at work, where artificial light often has an intensity of as little as 500 lux and sometimes even less. Together with scientists and medical specialists in the field of winter blues treatment, Philips has developed this special lighting appliance. This appliance allows you to safely get the amount of light you need to help fight winter blues. Taking light exposures is generally accepted as one of the safest and most effective ways of fighting the winter blues.

General description (Fig. 1)

- A Lamp
- B Lamp housing with angle adjustment
- C Base
- D On/off dial and light exposure time indicator
 - ① On/off symbol
 - ② Light symbol
 - ③ Light intensity settings from low to high
- E Light exposure time symbol

Using the appliance

- It is advisable to start using the EnergyLight as soon as you feel the winter blues coming on or when you feel like you need extra light.
- Preferably take your light exposures between 6 o'clock in the morning and 8 o'clock in the evening. (Fig. 2)
- Visit www.lighttherapy.com for a free assessment and to customize a light exposure time schedule just for you.

Duration and intensity

Duration of daily exposure depends on the distance to the appliance and the intended use. The longer the selected distance, the longer is the effective duration.

For helping winter blues the best results are expected for following combinations of duration and intensity: 30 minutes at 10000 lux (6-8 in./15-20 cm), 60 minutes at 5000 lux (approx. 12in./cca 30

cm), 120 minutes at 2500 lux (approx. 20in./cca 50 cm). For simply boosting your energy, longer distances at same exposure times may provide you with sufficient light.

Timing

Using the EnergyLight at any time of day directly affects your alertness. The best time to use it is in the morning. Do not use the EnergyLight late in the evening. If you use within 2 hours of going to bed, it could disrupt your sleep.

- If you find it difficult to get up each day without an alarm clock or if you often sleep in, you need morning light. Use the EnergyLight within the first hour or two after waking up.
- If you find it difficult to stay awake in the late evening and wake up too early in the morning, you need evening light. Use the EnergyLight before you start to feel drowsy.
- If mornings or evenings do not seem to be the problem, but you feel generally tired during the day, then the time at which you use the EnergyLight is not as important. You can use the EnergyLight in the morning or around midday. For example, when you wake up in the morning, use it for 15 to 30 minutes and then again at midday or in the evening for approximately the same amount of time. Place the EnergyLight further away from you during the evening session. Do not use the EnergyLight within two hours of your desired bedtime or you may not be able to fall asleep.

1 Place the appliance on a level surface such as a counter, table or desk.

2 Put the plug in the electrical outlet.

3 To switch on the appliance, turn the on/off dial clockwise to the light intensity you prefer

Light exposure time indicator

The light exposure time indicator shows how long you have been using the appliance.

- When you switch on the appliance, the LEDs go on in quick succession to show how the LED sequence is built up. Then the first LED lights up at half intensity during the first 15 minutes (Fig. 3).
- At the end of the first 15 minutes, the first LED is on at full intensity and the second LED goes on at half intensity.
- After 2 hours, all 8 LEDs light up at full intensity until you switch off the appliance.

Note: The LEDs only show the light exposure time that has passed. You do not have to take any action when the LEDs go on.

4 Position yourself near the appliance and turn the screen so that you can comfortably look in the direction of the light (Fig. 4).

Make sure there is a distance between your face and the screen of 6-20in./15 to 50cm.

- You do not need to sit right in front of the appliance
- You do not have to take the whole light exposure without interruption. If it suits your schedule better, you can interrupt your light exposure and continue later.

5 Look into the light every now and then.

Do not look into the light continuously. You can simply engage in other activities such as reading, writing, embroidering or handicraft while taking a light exposure and look into the light every now and then.

6 Repeat the light exposures until you feel better.

Generally, improvements occur within 1 week.

You may repeat the light exposure as often as you like during the dark period of the year. Take a light exposure on at least 5 successive days.

7 After use, turn the on/off dial counterclockwise to switch off the appliance.

Note: Do not turn the on/off dial clockwise to the OFF setting.

8 Remove the plug from the wall outlet.

Cleaning

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

Do not let water run into the appliance or spill water onto the appliance (Fig. 5).

1 Switch off the appliance, unplug from outlet and let it cool down.

2 Clean the outside of the appliance with a damp cloth (Fig. 6).

This appliance has no other user-serviceable parts. For assistance call 1-866-832-4361.

Storage

- If the appliance will not be used for an extended period of time, remove cord from outlet and store in a safe, dry location where it will not be crushed, banged, or subject to damage.

Disposal

- Dispose of the device in accordance with local regulations.
- Your local or national recycling organizations may also have disposal information.
- For assistance go to www.recycle.philips.com or call 1-866-832-4361.

Assistance

For assistance: visit our website: www.philips.com/energylight or call toll free 1-866-832-4361

45-Day Money-Back Guarantee

If you are not fully satisfied with your Philips EnergyLight, send the product back along with the original dated sales receipt and we will refund you the full purchase price.

The EnergyLight must be shipped prepaid by insured mail, insurance prepaid, and have the original sales receipt, indicating purchase price and the date of purchase, enclosed. We cannot be responsible for lost mail. The EnergyLight must be postmarked no later than 45 days after the date of purchase. Philips reserves the right to verify the purchase price of the EnergyLight and limit refunds not to exceed suggested retail price.

To obtain Money-Back Guarantee Return Authorization Form, call 1-866-832-4361. Please allow 4-6 weeks for delivery of the check.

Full Two-Year Warranty

Philips Electronics North America Corporation (USA) and Philips Electronics Ltd (CANADA) warrant each new Philips product, model HF3318 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. **NO RESPONSIBILITY IS ASSUMED FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES.** In order to obtain warranty service, simply call toll-free 1-866-832-4361.

In US Manufactured for: Philips Consumer Lifestyle, A Division of Philips Electronics North America Corporation, P.O. Box 10313, Stamford, CT 06904

In Canada Imported for: Philips Electronics LTD, 281 Hillmount Road, Markham, Ontario L6C 2S3

Trademarks owned by the Philips Group.

© 2010 Koninklijke Philips Electronics N.V. All Rights Reserved.

Technical specification

Model	HF3318
Rated voltage	120V
Rated frequency	60Hz
Rated input	75W
Classification	Not classified
Ingress of water	IPX0

Operating conditions

Temperature	+10°C (+50°F) to +30°C (+90°F)
Relative humidity	from 30% to 90%

Storage conditions

Temperature	from -20°C (-4°F) to +50°C (+122°F)
Relative humidity	from 30% to 90% (no condensation)

Transport conditions

Temperature	from -20°C (-4°F) to +50°C (+122°F)
Relative humidity	from 30% to 90% (no condensation)

Circuit diagrams, component part lists and other technical descriptions are available on request. As user of this appliance, you should take measures to prevent the occurrence of electromagnetic interference or other types of interference between this appliance and other appliances.

Frequently asked questions

This chapter lists the questions most frequently asked about the appliance. If you cannot find the answer to your question, visit philips.com/EnergyLight or call 1-866-832-4361 for assistance.

Question	Answer
Can I look directly at the appliance when it is switched on?	Yes, you can look into the light every now and then, but we advise you not to look into the light continuously. It is sufficient to sit close to the lamp.
Are there any side effects to using the EnergyLight?	During the first few days of use, some people may experience minor headaches, nausea, irritability or strained or watery eyes. These symptoms generally disappear within a few days. If not, consult your doctor before you proceed with your light exposure.

Question	Answer
How often should I use the EnergyLight?	We recommend that you start taking daily light exposures for 5 to 7 days in a row, preferably in the morning. Most people start to feel more energetic within 5 days. If you do not notice any improvement within that time, continue using the EnergyLight for another 7 to 14 days and make the exposures longer. Do not give up too soon, since it may take up to 2 weeks before you notice any significant improvement. However, if using the EnergyLight causes you to become too active, we advise you to reduce the light exposure.
Can I use the EnergyLight if I am on medication?	If you are on prescribed medication, we advise you to consult your doctor first before you use the EnergyLight or use any other form of light. Certain medicines cannot be used in combination with light exposure. Anti-depressants combined with light exposure may result in eye damage.
Can I use the EnergyLight if I have eye problems?	If you have eye problems, you should consult your doctor or ophthalmologist before you use the EnergyLight or undergo any other form of light exposure. There are certain eye and eye-related conditions that may respond unfavorably to light.
Can I use the EnergyLight if I have a skin allergy?	If you are allergic to light or have a diagnosed chronic skin disease, it is safest to consult your doctor before you use the EnergyLight or undergo any other form of light.
Can I use the EnergyLight during pregnancy?	Yes, there are no known side effects from using the EnergyLight during pregnancy.
Can I use the EnergyLight if I am allergic to light?	If you are allergic to light, we recommend that you consult your doctor before you use the EnergyLight or use any other form of light.
Is it harmful to sit in front of a switched-on EnergyLight for a prolonged period of time?	No, using the EnergyLight longer than the recommended time is not harmful. However, do not use the light after 8 p.m.
Do I have to wear any sunscreen lotion?	No, the EnergyLight is not a tanning device. It has a special screen that filters out all UV rays; it is therefore safe for your skin and does not give you a tan. If you use the EnergyLight in accordance with the instructions in the user manual, you do not have to worry about tanning or other skin reactions.



www.philips.com



4222.002.7566.1