

Better Sleep With Philips Hue White Ambiance

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Philips Lighting promises better sleep for customers with "white ambiance" versions of the Hue app connected lightbulbs the company describes as "inspired by the sun."



The bulb offer shades of white light ranging from 6500k ("cool daylight") to 2200k ("warm white"), and can be programmed to either gradually brighten up or gently dim according to custom schedules. Like other Hue bulbs control comes through either Hue mobile device app or dimmer switch included in the starter kit.

"Light impacts us both physically and emotionally, we experience this every day when waking up and going to sleep," the company says. "With Philips Hue white ambiance, we want to give people control of the impact that white light has on their well being at home, particularly around day to day routines. By having every shade of white light at your fingertips, you can choose the perfect light you need to feel better, whether you want an energising light for exercising or a dimmed nightlight for winding down to sleep."

A new "Routines" feature in the Hue app allows users to set lighting recipes based on, well, daily routines-- a "wake up" routine gradually increases lightning brightness, "go to sleep" gradually dims the lighting off and "nightlight" delivers a low level of light with a minimum blue light.

Philips Hue white ambiance lamps are available in European markets from Q2 2016 in a starter kit complete with two bulbs, a dimmer switch and a bridge for Apple HomeKit support.

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