

Philips Hue Lights Get Sleep Feature

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Signify announces a collaboration with Google to give users the means to use voice commands and Google Assistant to activate sleep and wake light effects using Philips Hue functionality.



As the first integration of the Philips Hue sleep and wake up feature with a smart assistant, the effects promise to replicate the "optimum lighting" for winding down before sleeping, as well as waking up in the morning. Users can simply say "Hey Google, turn on Gentle Wake Up" to sync the Philips Hue lights with morning alarms, and the lights will replicate a sunrise effect starting 30 minutes before the alarm starts ringing.

In addition, a sleep feature allows one to set the lights to a warm white tone at a specific time. The lights gradually fade out over a 30 minute period, making it similar to the wake up function. Of course, users can simply instruct the Philips Hue lights via Google Assistant to start the sleep and wake functionality immediately, and the Google Home app handles different wake-up routines in different rooms (such as "Kids Bedroom").

According to research light plays an important role in how well one feels and sleeps. Melatonin, the hormone regulating the wake and sleep cycle, is influenced by both natural and artificial light, and the right light can both help one get better sleep and wake up feeling more energised in the morning.

The new feature will be available from March 2019.

Go [Philips Hue Brings Voice Commands to Your Sleep and Wake Up Feature](#)