# LA CROSSE®
## TECHNOLOGY



# SOLÜNA
## LIGHT ALARM CLOCK

**SET UP GUIDE**

MODEL NUMBER **C79141**

# Table of Contents

# Initial Setup

### Power Up

Insert the 5V Power Adapter into an outlet, and then plug it into the AC Jack on the bottom of the alarm clock. Next, remove the Insulation Tab from the Battery Compartment.

A greeting will appear on the LCD display and then your clock will move into the Settings Menu. The Color Cycle Light Mode will also begin.
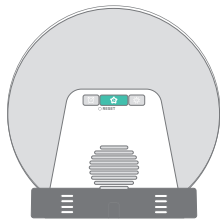
### Settings Menu Order

Language • Hour • Minutes • Year • Month • Date • Fahrenheit/Celsius

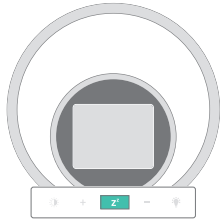Note: Weekday will set automatically after year, month, & date settings are adjusted.
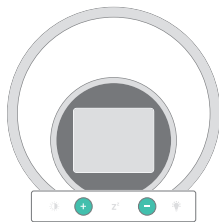


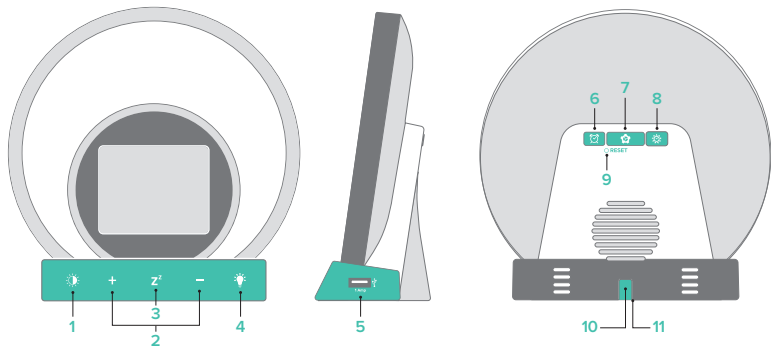Use the +/- buttons on the front of the clock to adjust the values.

Press the ✿ button on the back of the clock to confirm selection and move to next step.

You may exit the Settings Menu at any time by tapping the Z<sup>z</sup> button.

Note: To enter the Settings Menu after the initial setup, hold the ✿ button on the back of the clock.

# Buttons & Ports



1. **DISPLAY ( )**
   Tap to adjust backlight intensity or hold to enter Auto-Dim settings

2. **PLUS/MINUS (+/-)**
   Tap to control glow light intensity or hold to adjust quickly

3. **SNOOZE ($z^z$)**
   Tap to snooze the sound alarm, exit menus, or to turn the light off

4. **LIGHT ( )**
   Tap to toggle through light modes. Tap $z^z$ to confirm light mode selection

5. **USB CHARGING PORT**
   Connect USB charging cable *(not included)*

6. **SOUND ALARM ( )**
   Press to activate or hold to enter alarm settings

7. **SET ( )**
   Hold to enter Settings Menu

8. **LIGHT ALARM ( )**
   Press to activate or hold to enter alarm settings
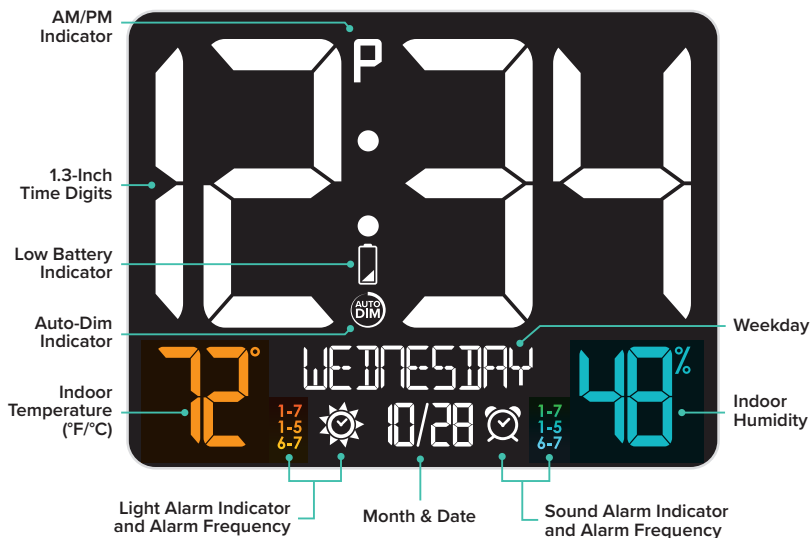
9. **FACTORY RESET**
   Press to restore factory settings

10. **AC JACK**
    Connect AC adapter

11. **BACKUP BATTERY**
    Saves settings and alarm function during power outages

# LCD Display

AM/PM Indicator

1.3-Inch Time Digits

Low Battery Indicator

Auto-Dim Indicator

Indoor Temperature (°F/°C)

**P**

**WEDNESDAY**

1-7
1-5
6-7

10/28

1-7
1-5
6-7

Weekday

Indoor Humidity

Light Alarm Indicator and Alarm Frequency

Month & Date

Sound Alarm Indicator and Alarm Frequency

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## Light and Sound Alarm Frequencies

| | | | | |
|---|---|---|---|---|
| Daily | **1-7** | *Set a Daily, Weekday, or Weekend Alarm* | **1-7** | Daily |
| Weekday (Monday-Friday) | **1-5** | | **1-5** | Weekday (Monday-Friday) |
| Weekend (Saturday & Sunday) | **6-7** | | **6-7** | Weekend (Saturday & Sunday) |

Notes: Only one light and one sound alarm can be programmed. These can be set to go off together or at separate times.

04

# LCD Display Brightness
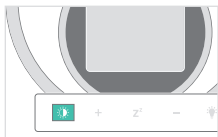


## Adjusting the LCD Display Brightness

Tap the ☀ button to adjust the backlight intensity. There are 4 brightness levels, plus an off option.

## Auto-Dim Settings

Program your LCD display to automatically dim during preselected times.

1. Hold the ☀ button to enter the Auto-Dim Settings Menu.

2. Tap the **+/-** buttons to turn the Auto-Dim feature on or off. Tap ☀ to confirm.

3. Tap the **+/-** buttons to adjust the start time. Tap ☀ to confirm.

4. Tap the **+/-** buttons to adjust the stop time. Tap ☀ to confirm and exit.



The (AUTO DIM) icon will appear on the LCD when activated.

05

# USB Charging Port

There is a 1 Amp USB Charging Port located on the right side of your alarm clock.

- Connect your external device's USB charging cable (not included) into the USB Charging Port.

- Charging times will vary.

- USB Power Output: 1 Amp Maximum Current

**1 Amp**
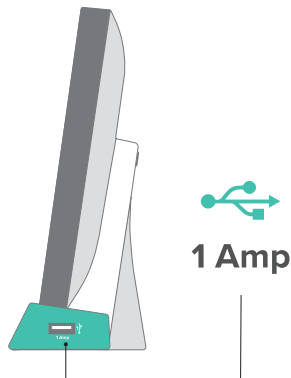
# Temperature & Humidity

View real-time indoor temperature & humidity data on your alarm clock.

Fahrenheit

Celsius

You can select Fahrenheit or Celsius in the main Settings Menu.

# Natural Light Alarm

The Soluna Light Alarm Clock is equipped with a glowing Light Alarm that simulates the sunrise. Use the Light Alarm to wake up peacefully and help reset your circadian rhythm.



## Gradual Wake Up

The Light Alarm will begin 30 minutes before your set alarm time. The light will gradually increase in intensity until reaching full brightness at your set alarm time. The light will remain on and at full power until a button is pressed.

Example:



| 6:30 | 7:00 | 7:30 |
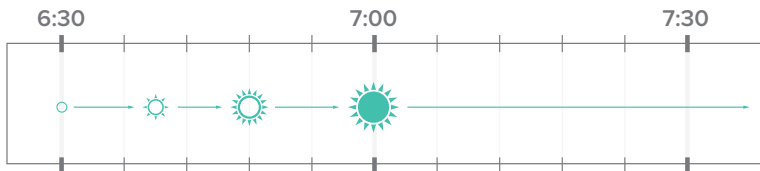
*Based on 7:00am alarm time*

Note: If you set an alarm for less than 30 minutes from the current time, the Light Alarm will accelerate the brightness accordingly.

# Setting the Light Alarm

### Setting the Light Alarm

1. Hold the ☼ button on the back of the clock to enter the Light Alarm Settings Menu. **DAILY ALARM** will appear on the LCD.

2. Use the **+/-** buttons to select your alarm frequency. Choose from Daily (**1-7**), Weekday (**1-5**), or Weekend (**6-7**) options. Press ☼ to confirm.

3. Next, Use the **+/-** buttons to set your desired time. Press ☼ to confirm.

4. Your Light Alarm is now activated, indicated by ☼ icon and alarm frequency (**1-5**, **1-7**, or **6-7**) on the LCD.

### Activating & Deactivating the Light Alarm

1. Press the ☼ button on the back of the clock to view your Light Alarm time and activate/deactivate the alarm.

2. The ☼ icon and alarm frequency will appear on the LCD when the alarm is active.

**ALARM FREQUENCIES**

DAILY ALARM
1-7 ☼

**1-7** Daily Alarm
(Monday–Sunday)

WEEKDAY M-F
1-5 ☼

**1-5** Weekday Alarm
(Monday–Friday)

WEEKEND S-S
☼
6-7

**6-7** Weekend Alarm
(Saturday–Sunday)

Only one light and one sound alarm can be programmed. These can be set to go off together or at separate times.

Notes: The 1-7 Daily Alarm is the default alarm frequency. There is no sound with the Light Alarm. If a sound alarm is wanted, you will need to activate the Melody Sound Alarm.

# Setting the Sound Alarm

## Setting the Melody Sound Alarm

1. Hold the ⏰ button on the back of the clock to enter the Sound Alarm Settings Menu. **DAILY ALARM** will appear on the LCD.

2. Use the **+/-** buttons to select your alarm frequency. Choose from Daily (**1-7**), Weekday (**1-5**), or Weekend (**6-7**) options. Press ⏰ to confirm.

3. Next, Use the **+/-** buttons to set your desired time. Press ⏰ to confirm.

4. Next, use the **+/-** buttons to set your desired snooze duration (5 to 120 minutes). Press ⏰ to confirm and to exit the Sound Alarm Settings Menu.

5. Your Sound Alarm is now activated, indicated by ⏰ icon and alarm frequency (**1-7**, **1-5**, or **6-7**) on the LCD.

## Activating & Deactivating the Sound Alarm

1. Press the ⏰ button on the back of the clock to view your Sound Alarm time and activate/deactivate the alarm.

2. The ⏰ icon and alarm frequency will appear on the LCD when the alarm is active.

### ALARM FREQUENCIES

**DAILY ALARM**
⏰ 1-7

**1-7** Daily Alarm
(Monday–Sunday)

**WEEKDAY M-F**
⏰ 1-5

**1-5** Weekday Alarm
(Monday–Friday)

**WEEKEND S-S**
⏰ 6-7

**6-7** Weekend Alarm
(Saturday–Sunday)

Only one light and one sound alarm can be programmed. These can be set to go off together or at separate times.

Note: The 1-7 Daily Alarm is the default alarm frequency.

# Melody Sound Alarm

## Gradual Wake Up

The gentle Melody Sound Alarm will increase in volume over a 5-minute period. After the 5-minute time frame, the alarm will stop if not snoozed or turned off. To turn off a sounding alarm, press any button besides the snooze button (**z**ᶻ).

### Example:

| 7:15 | 7:16 | 7:17 | 7:18 | 7:19 | 7:20 |
|------|------|------|------|------|------|

*Based on 7:15am alarm time*
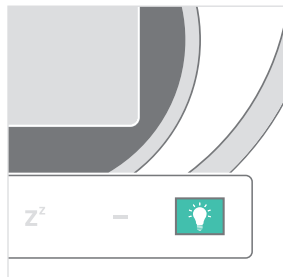
## Snooze Duration Countdown

After the snooze button is pressed, the snooze duration countdown will appear on the LCD.

# WHAT'S YOUR GLOW?

The Soluna Light Alarm Clock features 5 light modes with 20 unique color options, ensuring there's a glow for every day and mood.

## Selecting Your Light Mode



1. Tap the 💡 button to toggle through the different light modes.

2. Use the **+/-** buttons to adjust any additional glow color options within the Guided Breathing and Color Select modes.

3. There are 2 ways to confirm your selection and start the light mode. Either tap the **Z^z** button or simply wait 5 seconds. The selected light mode will then begin.
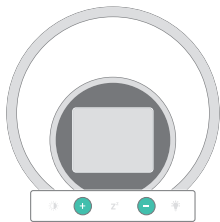


Use the **+/-** buttons to adjust the light's brightness level.
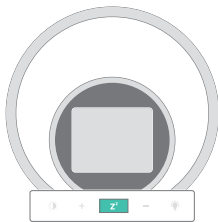


To shut off the current light mode, tap the **Z^z** button.

**Light Mode Options:**

- **Color Cycle**
- **Evening**
- **Guided Breathing**
- **Comfort Meter**
- **Color Select**

11

# Color Cycle Mode

When using the Color Cycle Mode, the light will gradually shift through all of the glow color options.

### How to Activate Color Cycle Mode

1. Tap the 💡 button to toggle through the light modes. CYCLE will appear on the LCD.

2. There are 2 ways to confirm your selection and start the light mode. Either tap the **Z<sup>z</sup>** button or simply wait 5 seconds. The Color Cycle Mode will now begin.



Color Cycle Example
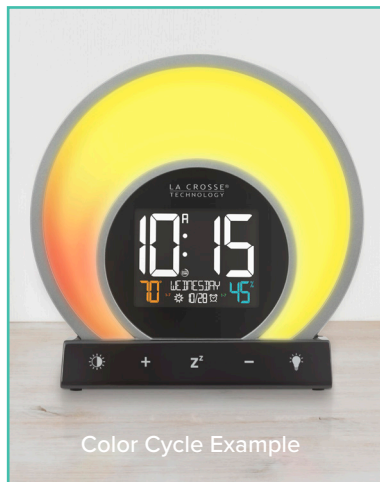
### Color Cycle Examples
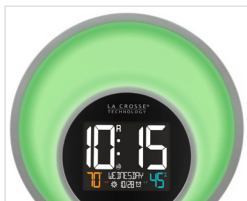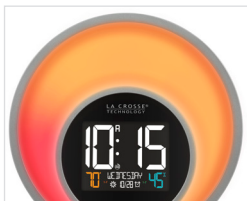


Use the **+/-** buttons to adjust the light's brightness level. To shut off the light mode, tap the **Z<sup>z</sup>** button.

# Evening Mode

The Evening Mode is a 30-minute cycle designed to simulate the setting of the sun. Simply start the mode before bed and the light will gradually dim and shift in color while you fall asleep.



### How to Activate Evening Mode

1. Tap the 💡 button to toggle through the light modes. EVENING will appear on the LCD.

2. There are 2 ways to confirm your selection and start the light mode. Either tap the **Z**<sup>z</sup> button or simply wait 5 seconds. The Evening Mode will now begin.



**9:40**PM



**9:50**PM



**10:00**PM

The Evening Mode will last a total of 30 minutes. Press the **Z**<sup>z</sup> button at any time to end the light mode.

# Guided Breathing Mode

The Guided Breathing Mode will walk you through a 10-minute deep breathing exercise. Simply inhale and exhale as the colors change. To further assist you, the LCD will also display your inhale and exhale times.

## How to Activate Guided Breathing Mode

1. Tap the 💡 button to toggle through the light modes. BREATHING will appear on the LCD.

2. Use the **+/-** buttons to choose the glow color. Select from three options: Energy, Warmth, or Calm.

3. There are 2 ways to confirm your selection and start the light mode. Either tap the **Z$^z$** button or simply wait 5 seconds. The Guided Breathing Mode will now begin.
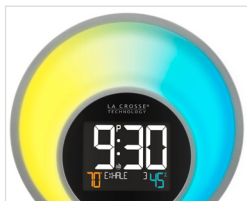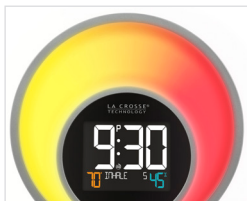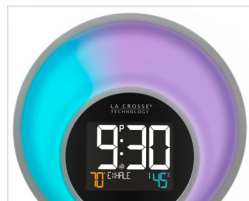


Energy                        Warmth                        Calm

Use the **+/-** buttons to adjust the light's brightness level.

The breathing exercise will last a total of 10 minutes. Press the **Z$^z$** button at any time to end the exercise.

# Comfort Meter Mode

In the Comfort Meter Mode, the color changes according to the current indoor humidity level, so you can monitor the comfort of your home at a quick glance.

## How to Activate Comfort Meter Mode

1. Tap the 💡 button to toggle through the light modes. COMFORT will appear on the LCD.

2. There are 2 ways to confirm your selection and start the light mode. Either tap the $Z^z$ button or simply wait 5 seconds. The Comfort Meter Mode will now begin.



1% to 25% RH
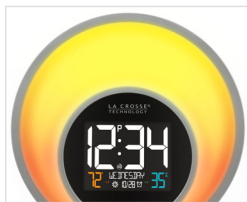


26% to 39% RH



40% to 75% RH



76% to 83% RH



84% to 99% RH

Use the +/- buttons to adjust the light's brightness level.

To shut off the light mode, tap the $Z^z$ button.

15

# Color Select Mode

Use the Color Select Mode to choose your favorite glow color.



### How to Activate the Color Select Mode

1. Tap the 💡 button to toggle through the light modes. PICK COLOR will appear on the LCD.

2. Use the **+/-** buttons to choose your glow color.

3. There are 2 ways to confirm your selection and start the light mode. Either tap the **Z<sup>z</sup>** button or simply wait 5 seconds. The Color Select Mode will now begin.

### Glow Color Options

| Red | Fire | Orange | Sun | Yellow | Garden | Green |
|---|---|---|---|---|---|---|

| Forest | Cyan | Ocean | Dark Blue | Night | Purple | White |
|---|---|---|---|---|---|---|

Use the **+/-** buttons to adjust the light's brightness level.
To shut off the light mode, tap the **Z<sup>z</sup>** button.

# Specifications
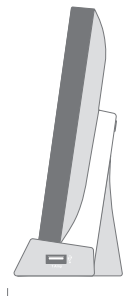


**6.81-in.** (17.30 cm)  **2.69-in.** (6.84 cm)  **6.71-in.** (17.04 cm)
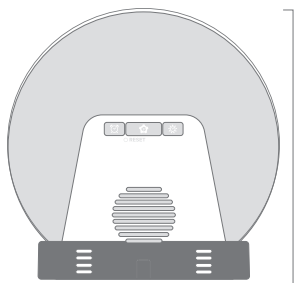
**Power Requirements:**

**Primary Power:** 5.0V Power Adapter (Included)
AC6: HX12H-0501500-AU-001
*The plug on the power adapter is intended to serve as the disconnect device, the socket-outlet shall be installed near the equipment and shall be easily accessible.*

**Battery Backup:** 1 "CR2032" Coin Cell Battery (Included)
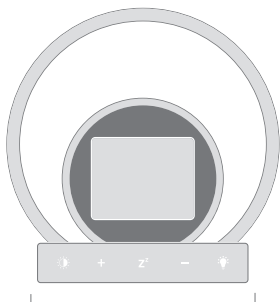*In the event of a power outage, the Battery Backup will keep time. If any alarm was set, the alarm will beep at the set time.*

**LCD Brightness:** 4 Intensity Levels + OFF
(Programmable Auto-Dim Backlight Option)

**Glow Light Brightness:** 5 Intensity Levels + OFF
*The Evening Mode is preprogrammed and the brightness is not adjustable.*

**USB Charging Port:** 1 Amp Maximum Current (Charging Cord Not Included)

**Programmable Snooze Duration:**
5 to 120 Minutes

**Indoor Temperature Range:**
32°F to 99°F  (0°C to 37°C)

**Indoor Humidity Range:** 10% to 99% RH

**Language Options:** English, Spanish, French, and German
(Translation Available for Menus & Calendar)

# Warranty

La Crosse Technology, Ltd. provides a 1-year limited time warranty (from date of purchase) on this product, relating to manufacturing defects in materials and workmanship.

For full warranty details, you can visit: **www.lacrossetechnology.com/support**

**La Crosse Technology, Ltd** • 2830 S. 26th Street • La Crosse, WI 54601

# Battery Warning

⚠️ 🔋
**WARNING**

1. This product contains a button battery.
2. If swallowed, it could cause severe injury or death in just 2 hours.
3. Seek medical attention immediately.

**WARNING:**
**KEEP BATTERIES OUT OF REACH OF CHILDREN**

1. Swallowing may lead to serious injury in as little as 2 hours or death, due to chemical burns and potential perforation of the esophagus.
2. If you suspect your child has swallowed or inserted a button battery, immediately seek urgent medical assistance.
3. Examine devices and make sure the battery compartment is correctly secured, e.g. that the screw or other mechanical fastener is tightened.
4. Do not use if compartment is not secure.
5. Dispose of used button batteries immediately and safely. Flat batteries can still be dangerous.
6. Tell others about the risk associated with button batteries and how to keep their children safe.

# Care & Maintenance

- Do not mix old and new batteries.
- Do not mix Alkaline, Lithium, standard, or rechargeable batteries.
- Always purchase the correct size and grade of battery most suitable for intended use.
- Clean the battery contacts and also those of the device prior to battery installation.
- Ensure the batteries have with correct polarity (+ / -).
- Remove batteries from equipment that will not to be used for an extended period.
- Promptly remove expired batteries.

# Caution!

The manufacturer is not responsible for any radio or TV interference caused by unauthorized changes or modifications to this equipment. Such changes or modifications could void the user authority to operate the equipment.

This booklet may contain errors or misprints. The information it contains is regularly checked and corrections are included in subsequent editions. We disclaim any responsibility for any technical error or printing error, or their consequences. All trademarks and patents are recognized.

# Canada Statement

This Class B digital apparatus complies with Canadian ICES-003. Operation is subject to the following two conditions:

(1) This device may not cause interference.

(2) This device must accept any interference, including interference that may cause undesired operation of the device.

# California Residents

⚠ WARNING:

This product can expose you to chemicals including styrene, which is known in the State of California to cause cancer.

For more information, go to: www.P65Warnings.ca.gov

# FCC Statement

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 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.

Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

# Recycling & Disposal

Please consider the environment when deciding to dispose of this product. Although household electronics are generally safe to use on a daily basis, incorrect disposal can cause negative and potentially irreversible impacts on our environment.

Check with local donation centers to see if your product can be donated for future use. If disposal is the only option, federal agencies, local governments, and certified retailers may have electronic recycling programs in place. Programs may vary based on location.

# Having Trouble? We're here to help.

For detailed product videos, manuals, and more, visit our support website:
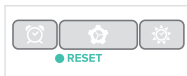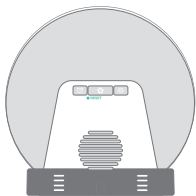www.lacrossetechnology.com/support

Make sure you have your product's model number handy (**C79141**)

**Need Additional Support? Call our Friendly Customer Support Representatives**
Phone Number: **1.877.408.2678**
Representatives are available Monday-Friday, 8:00am to 6:00pm CST

## Factory Reset



If you're still experiencing issues, use a pen or paper clip to press the factory **RESET** button on the back of the clock.

## Stay in Touch

Ask questions, watch set up videos, and provide feedback on our social media outlets.



Follow La Crosse Technology on Youtube, Facebook, Twitter, and Instagram.