

LA CROSSE<sup>®</sup>  
TECHNOLOGY



# soluna<sup>S</sup>

light alarm clock

## SET UP GUIDE

Model: W74146

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# Initial Setup

## Power Up

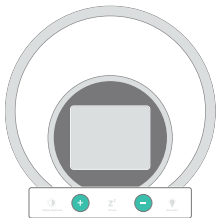
Insert the 5V Power Adapter into an outlet, and then plug it into the AC Jack on the bottom of the alarm clock. Optional: Insert a CR2032 Coin Cell Battery to backup up Time and Alarm.

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.

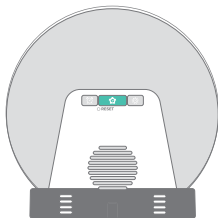
## Settings Menu Order

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

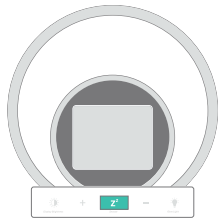
**Note:** Weekday will set automatically after year, month, & date settings are adjusted.



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



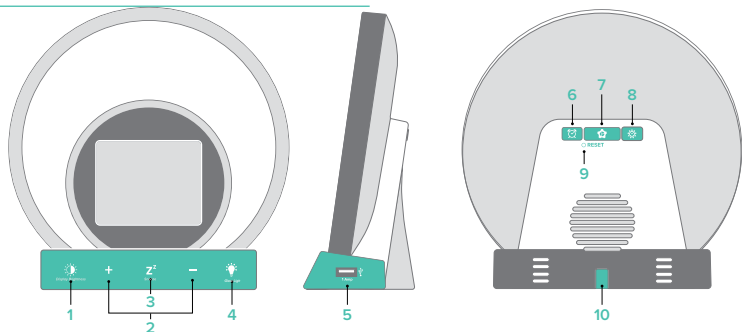
Press the Z<sup>Z</sup> button on the back of the clock to confirm selection and move to next step.



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

**Access Settings Menu:** After the initial power-up, hold the Z<sup>Z</sup> button on the back of the clock until the display changes. Only hold or press (tap) one button at a time.

# Buttons & Ports



## 1. DISPLAY BRIGHTNESS (☀️)

Tap to adjust backlight intensity or hold to enter Auto-Dim settings

## 4. GLOW LIGHT (💡)

Tap to toggle through light modes. Tap **z<sup>2</sup>** to confirm light mode selection

## 7. SET (⚙️)

Hold to enter Settings Menu

## 10. AC JACK

Connect AC adapter

## 2. PLUS/MINUS (+/-)

Tap to control glow light intensity or hold to adjust settings quickly

## 5. USB CHARGING PORT

Connect USB charging cable (*not included*)

## 8. LIGHT ALARM (⚡️)

Press to activate or hold to enter alarm settings

## 11. BACKUP BATTERY

Saves settings and alarm function during power outages

## 3. SNOOZE (z<sup>2</sup>)

Tap to snooze the sound alarm, exit menus, or to turn the light off

## 6. SOUND ALARM (🔔)


Press to activate or hold to enter alarm settings

## 9. FACTORY RESET

Press to restore factory settings

## BASICS

# Custom LCD Display

Press and release the  button to select the calendar in two formats or indoor temperature to display.



Weekday, Month, Date



Weekday, Indoor Temp.



Day, Month, Date, Temp.

## LCD Display Icons



AM/PM Indicator



Auto-Dim Active Indicator



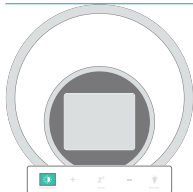
Light Alarm Active Indicator




Sound Alarm Active Indicator

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

# 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.



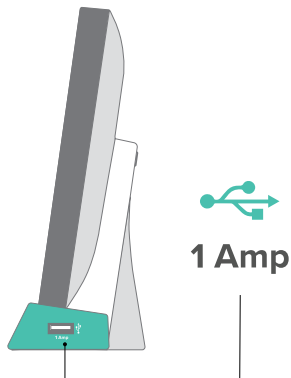
The  icon will appear on the LCD when activated.

## BASICS


# 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



# Indoor Temperature

View real-time indoor temperature data on your alarm clock. Press and release the  button to display Indoor Temperature. You can select Fahrenheit or Celsius in the main Settings Menu (see page 3).



Fahrenheit



Celsius

## ALARMS

# Natural Light Alarm

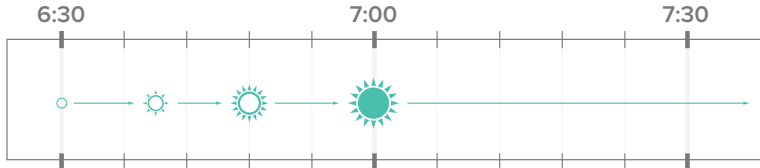
The Soluna Light Alarm Clock is equipped with a glowing Light Alarm that simulates the sunrise. Use the Light Alarm to wake up peacefully and help reset your circadian rhythm.



## 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:






*Based on 7:00am alarm time*

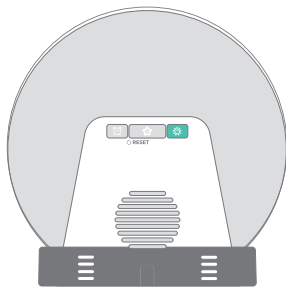
**Note:** If you set an alarm for less than 30 minutes from the current time, the Light Alarm will accelerate the brightness accordingly.



# 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. **ALARM** will appear on the LCD.
2. Next, use the **+/-** buttons to set your desired time. Press  to confirm.
3. Your Light Alarm is now activated, indicated by  **ON** icon on the LCD.



Alarm Hour

## 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 Light Alarm Icon  **ON** will appear on the LCD when the alarm is active.

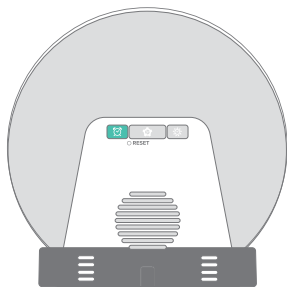


**Note:** There is no sound with the Light Alarm. If a sound alarm is wanted, you will need to activate the Sound Alarm.

# Setting the Sound Alarm



## Setting the Sound Alarm

1. Hold the  button on the back of the clock to enter the Sound Alarm Settings Menu. **ALARM** will appear on the LCD.
2. Next, use the +/- buttons to set your desired time. Press  to confirm.
3. 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.
4. Your Sound Alarm is now activated, indicated by **ON**  icon on the LCD.



Snooze Duration

## 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 Sound Alarm Icon **ON**  will appear on the LCD when the alarm is active.



## ALARMS

# Snoozing the Sound Alarm

### Gradual Wake Up

The Sound Alarm (Beeps) will increase in frequency over a 2-minute period. After the 2-minute time frame, the alarm will stop if not snoozed or turned off.

To stop a sounding alarm, press any rear button. To snooze a sounding alarm, tap the front Snooze (Z<sup>2</sup>) button.

### Snooze Duration Countdown

After the snooze button is pressed, the snooze duration countdown will appear on the LCD. When it reaches 00m, the alarm will sound again.

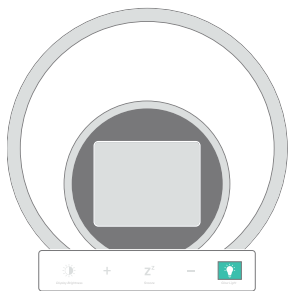



**Note:** When the alarm sounds and while the alarm is snoozing, only the Snooze button (Z<sup>2</sup>) will be active on the front of the clock.

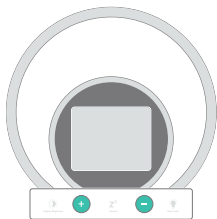
# WHAT'S YOUR GLOW?

The Soluna Light Alarm Clock features 3 light modes with 14 unique color options, ensuring there's a glow for every day and mood.

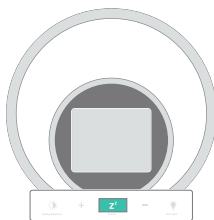
## Selecting Your Light Mode



1. Tap the  button to toggle through the different light modes.
2. Use the +/- buttons to adjust any additional glow color options within the Cycle and Color Select modes.
3. There are two ways to confirm your selection and start the light mode. Either tap the **Z<sup>2</sup>** 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<sup>2</sup>** button.

## Light Mode Options:


- Color Cycle (default)
- Evening
- Color Select

## LIGHT MODES

# 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 two 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 then 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.

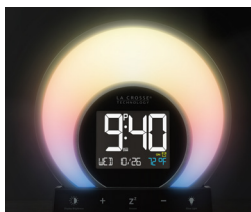
## Evening Mode

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. After the 30 minutes the light will be off.



### How to Activate Evening Mode

1. Tap the  button to toggle through the light modes. EVENING will appear on the LCD.
2. There are two ways to confirm your selection and start the light mode. Either tap the **Z** button or simply wait 5 seconds. The Evening Mode will then begin.



9:40PM



9:50PM



10:00PM


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

## 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 two 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 then begin.

### Glow Color Options



Red



Fire



Orange



Sun



Yellow



Garden



Green



Forest



Cyan



Ocean



Dark Blue



Night



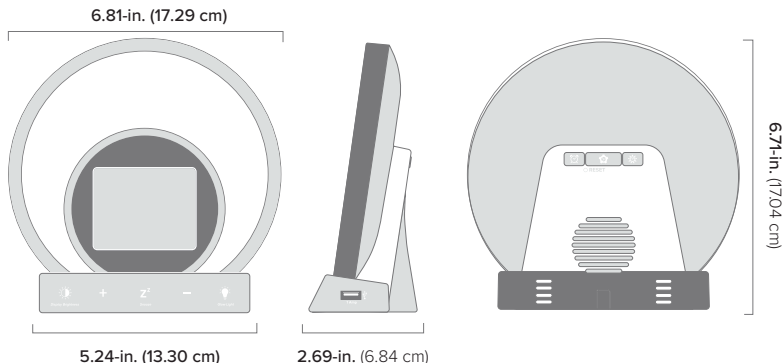
Purple



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



## 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 (not 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.*

**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)

## Language Options: English, Spanish,

(Translation Available for Menus & Calendar)

## 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.*



## Coin Cell Battery

### Replace the coin cell battery.

1. Use a coin to turn battery cover to the left to remove it.
2. Pull back the metal pin and gently remove the battery.
3. Insert a fresh CR2032 battery with the + side up and snap it into place.
4. Replace the battery cover and use the coin to turn it to the right to lock.



### WARNING

1. This product contains a coin cell 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 coin cell 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 coin cell batteries immediately and safely. Flat batteries can still be dangerous.
6. Tell others about the risk associated with coin cell batteries and how to keep their children safe.



### WARNING: CHOKING HAZARD—Small Parts

Not for children under 3 yrs.

## Care & Maintenance

When batteries of different brand or type are used together, or new and old batteries are used together, some batteries may be over-discharged due to a difference of voltage or capacity. This can result in venting, leakage, and rupture and may cause personal injury.

- Do not mix Alkaline, Lithium, standard, or rechargeable batteries.
- Always purchase the correct size and grade of battery most suitable for the intended use.
- Always replace the whole set of batteries at one time, taking care not to mix old and new ones, or batteries of different types.
- Clean the battery contacts and also those of the device prior to battery installation.
- Ensure the batteries are installed correctly with regard to polarity (+ and -).
- Remove batteries from product during periods of non-use. Battery leakage can cause corrosion and damage to this product.
- Remove used batteries promptly.
- For recycling and disposal of batteries, and to protect the environment, please check the internet or your local phone directory for local recycling centers and/or follow local government regulations.

## 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.

## Recycling & Disposal

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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.

## Caution!

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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.

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All trademarks and patents are recognized.

## California Residents

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### CA WARNING:

This product can expose you to chemicals including acrylonitrile, butadiene, and styrene, which are known to the State of California to cause cancer and birth defects or other reproductive harm.

For more information go to:  
[www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

## Warranty & Patents

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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.

### Warranty:

[www.lacrossetechnology.com/pages/warranty](http://www.lacrossetechnology.com/pages/warranty)

### Patents:

[www.lacrossetechnology.com/patents](http://www.lacrossetechnology.com/patents)

### La Crosse Technology, Ltd

2830 S. 26<sup>th</sup> Street  
La Crosse, WI 54601

## FCC Statement

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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.

## Canada Statement

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This device complies with CNR Industry Canada license-exempt devices.

Operation is subject to the following two conditions:

- (1) This device may not cause interference; and
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

## Having Trouble? We're here to help.

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For self-help documents and videos visit:

[bit.ly/w74146\\_support](https://bit.ly/w74146_support)

**Still have questions?** Use the links below to find additional resources or reach out to our staff directly.

Our representatives are available

M-F, 8am-6pm CST

**Self-Help:** [bit.ly/w74146\\_support](https://bit.ly/w74146_support)

**Email:** [bit.ly/contact\\_techsupport](https://bit.ly/contact_techsupport)

**Phone:** 1.608.782.1610

Scan for Support



## Stay in Touch

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Ask questions, watch set up videos, and provide feedback on our social media outlets. Follow La Crosse Technology on Youtube, Twitter, Facebook, and Instagram.

