

LA CROSSE[®]
TECHNOLOGY



SOLUNA

LIGHT ALARM CLOCK

SET UP GUIDE

MODEL NUMBER C80994

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BASICS

Initial Setup

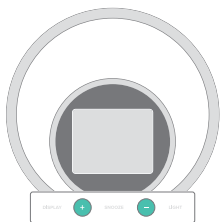
Power Up

Insert the 5V Power Adapter into an outlet, and then plug it into the AC Jack on the bottom of the alarm clock.

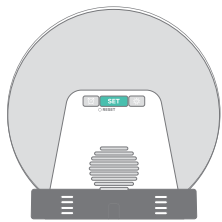
A greeting will appear on the LCD display and then your clock will move into the Settings Menu. The Color Cycle Light Mode will also begin.

Settings Menu Order

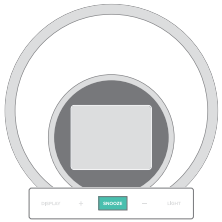
Language • Hour • Minutes • Year • Month • Date • Fahrenheit/Celsius



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



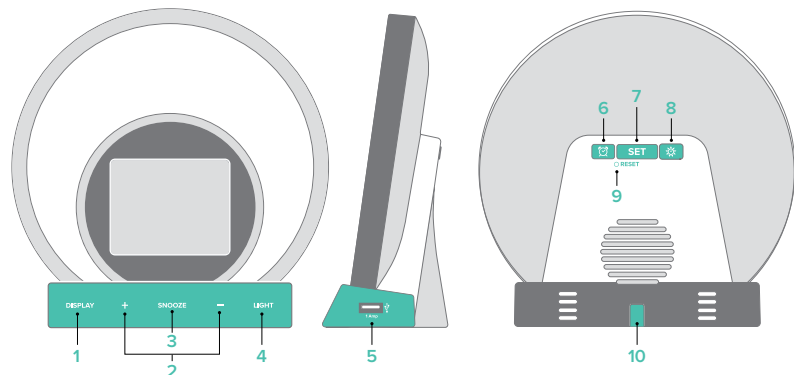
Press the **SET** button on the back of the clock to confirm selection and move to next step.



You may exit the Settings Menu at any time by tapping the **SNOOZE** button.

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

Buttons & Ports



1. DISPLAY

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

2. PLUS/MINUS (+/-)

Tap to control glow light intensity or hold to adjust quickly

3. SNOOZE

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

4. LIGHT

Tap to toggle through light modes & double-tap to confirm 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

LCD Display



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

LCD Display Brightness



Adjusting the LCD Display Brightness


Tap the **DISPLAY** 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 **DISPLAY** button to enter the Auto-Dim Settings Menu.
2. Tap the **+/-** buttons to turn the Auto-Dim feature on or off. Tap **DISPLAY** to confirm.
3. Tap the **+/-** buttons to adjust the start time. Tap **DISPLAY** to confirm.
4. Tap the **+/-** buttons to adjust the stop time. Tap **DISPLAY** to confirm and exit.

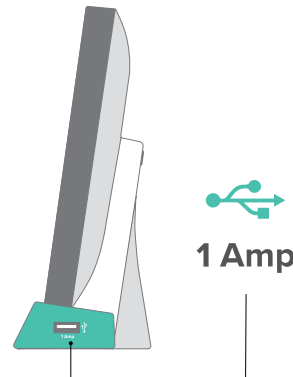


The  icon will appear on the LCD when activated.

USB Charging Port

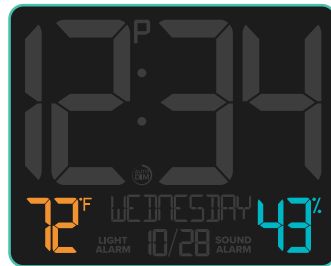
There is a 1 Amp USB Charging Port located on the right side of your alarm clock.

- 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



Temperature & Humidity

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



Fahrenheit



Celsius

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

ALARMS

Natural Light Alarm

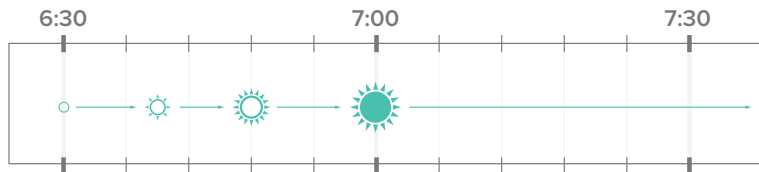
The Soluna Light Alarm Clock is equipped with a glowing Light Alarm that simulates the sunrise. Use the Light Alarm to wake up peacefully and help reset your circadian rhythm.



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:

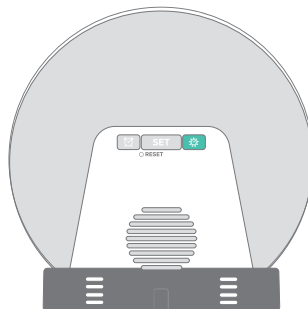


Based on 7:00am alarm time

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

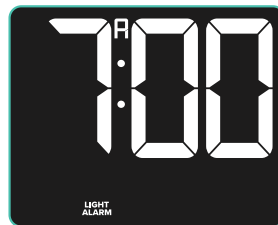
ALARMS

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.
2. Use the +/- buttons to set your desired time. Press to confirm.
3. Your Light Alarm is now activated, indicated by the words **LIGHT ALARM** on the LCD.



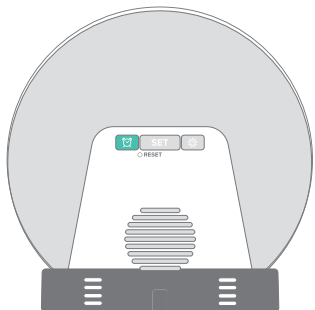
Activating & Deactivating the Light Alarm

1. Press the button to view your Light Alarm time and activate/deactivate the alarm.
2. The words **LIGHT ALARM** appear on the LCD when the alarm is active.

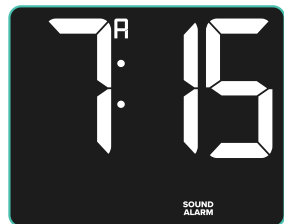
Note: There is no sound with the Light Alarm. If a sound alarm is wanted, you will need to activate the Melody Sound Alarm. You can use the light and sound alarms together or at separate times.

Melody Sound Alarm

Setting the Melody Sound Alarm



1. Hold the button on the back of the clock to enter the Sound Alarm Settings Menu.
2. 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 the words **SOUND ALARM** on the LCD.



Activating & Deactivating the Sound Alarm

1. Press the button to view your sound alarm time and activate/deactivate the alarm.
2. The words **SOUND ALARM** will appear on the LCD when the alarm is active.

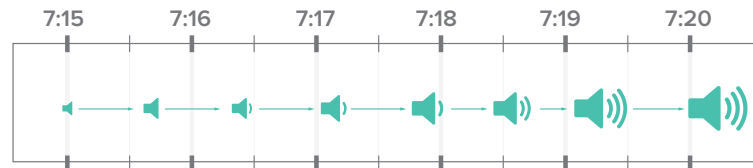
Note: You can use the light and sound alarms together or at separate times.

Melody Sound Alarm

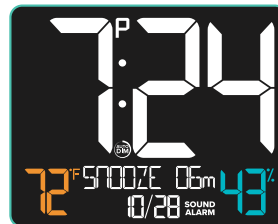
Gradual Wake Up

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 SNOOZE.

Example:



Based on 7:15am alarm time



Snooze Duration Countdown

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

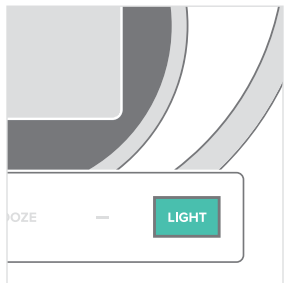


LIGHT MODES

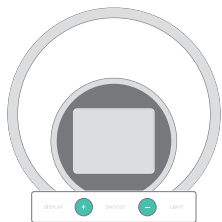
WHAT'S YOUR GLOW?

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

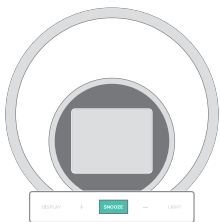
Selecting Your Light Mode



1. Tap the **LIGHT** 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 3 ways to confirm your selection and start the light mode. Either tap **SNOOZE**, double-tap the **LIGHT** 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 **SNOOZE** button.

Light Mode Options:

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

LIGHT MODES

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 **LIGHT** button to toggle through the light modes. **EVENING** will appear on the LCD.
2. There are 3 ways to confirm your selection and start the light mode. Either tap **SNOOZE**, double-tap the **LIGHT** button, or simply wait 5 seconds. The Evening Mode will now begin.



9:40PM



9:50PM



10:00PM

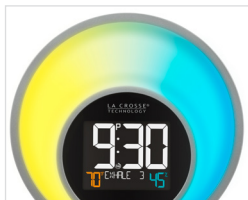
The evening mode will last a total of 30 minutes. Press the **SNOOZE** button at any time to end the light mode.

Guided Breathing Mode

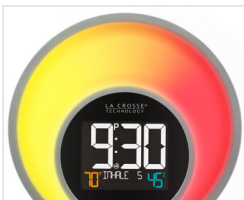
The Guided Breathing Mode will walk you through a 10-minute deep breathing exercise. Simply inhale and exhale as the colors change. To further assist you, the LCD will also display your inhale and exhale times.

How to Activate Guided Breathing Mode

1. Tap the **LIGHT** 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 3 ways to confirm your selection and start the light mode. Either tap **SNOOZE**, double-tap the **LIGHT** 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.

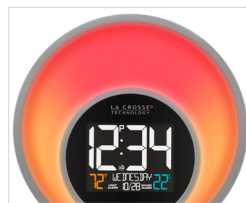
The breathing exercise will last a total of 10 minutes. Press the **SNOOZE** button at any time to end the exercise.

Comfort Meter Mode

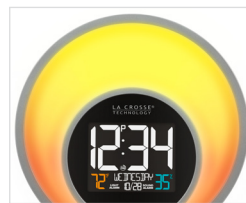
In the Comfort Meter Mode, the color changes according to the current indoor humidity level, so you can monitor the comfort of your home at a quick glance.

How to Activate Comfort Meter Mode

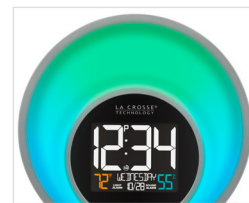
1. Tap the **LIGHT** button to toggle through the light modes. COMFORT will appear on the LCD.
2. There are 3 ways to confirm your selection and start the light mode. Either tap **SNOOZE**, double-tap the **LIGHT** button, or simply wait 5 seconds. The Comfort Meter Mode will now begin.



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 **SNOOZE** button.

LIGHT MODES

Color Select Mode

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



How to Activate the Color Select Mode

1. Tap the **LIGHT** 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 3 ways to confirm your selection and start the light mode. Either tap **SNOOZE**, double-tap the **LIGHT** 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 **SNOOZE** button.

LIGHT MODES

Color Cycle Mode

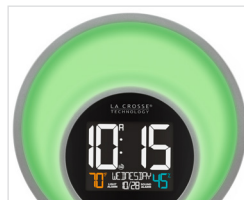
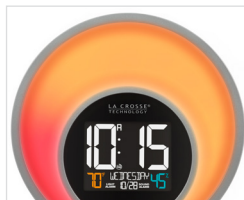
When using the Color Cycle Mode, the light will gradually shift through all of the glow color options.

How to Activate Color Cycle Mode

1. Tap the **LIGHT** button to toggle through the light modes. CYCLE will appear on the LCD.
2. There are 3 ways to confirm your selection and start the light mode. Either tap **SNOOZE**, double-tap the **LIGHT** button, or simply wait 5 seconds. The Color Cycle Mode will now begin.

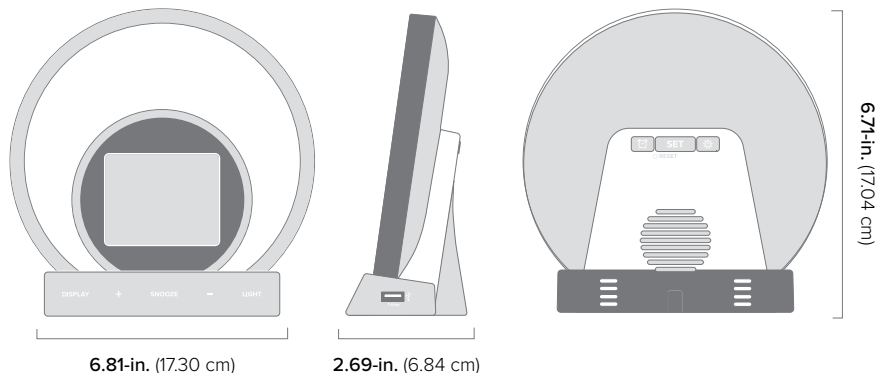


Color Cycle Examples



Use the **+/-** buttons to adjust the light's brightness level.
To shut off the light mode, tap the **SNOOZE** button.

Specifications



Power Requirements: 5.0V Power Adapter
(Included) AC6: HX12H-0501500-AU-001

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

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

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: 1% to 99% RH

Settings Backup: The alarm clock
will keep its settings for 6 minutes
in the event it loses power.

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

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.



Please Recycle

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.

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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.

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.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Increase separation between equipment & receiver.
- Consult the dealer or an experienced radio/TV technician for help.

This device must not be co-located or operating in conjunction with any other antenna or transmitter.

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.

Canada Statement

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.

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 (**C80994**)

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.

WHAT'S YOUR GLOW?

MORNING

COMFORT

METER

EVENING

COLOR CYCLE

ENERGY

WARMTH

CALM

RED **FIRE**

ORANGE

SUN YELLOW

GREEN

CYAN OCEAN

FOREST

DARK BLUE **NIGHT**

PURPLE WHITE

LA CROSSE®
TECHNOLOGY

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