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OURA OURA Ring 4

OURA Ring 4 Stealth Smart Ring User Manual

Model: OURA Ring 4 Stealth

1. Introduction

The OURA Ring 4 is an advanced smart ring designed to provide comprehensive insights into your health and well-being. It tracks over 30 biometrics, including sleep, activity, stress, heart health, and women's health metrics, utilizing Smart Sensing technology for accurate, continuous data collection. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your OURA Ring 4.



Image: The OURA Ring 4, showcasing its sleek and modern design.

2. Setup Guide

Proper sizing and initial setup are crucial for accurate data tracking and comfortable wear. Follow these steps to get started with your OURA Ring 4.

2.1 Sizing Your OURA Ring 4

OURA Ring 4 sizes differ from standard ring sizes. It is recommended to use an OURA Ring 4 Sizing Kit to determine your correct size before purchasing the final product. This ensures optimal fit and sensor performance.



Step 1: Purchase an OURA Ring 4 Sizing Kit to find your accurate size.



Step 2: After determining your size, purchase your OURA Ring 4.

Step 3: Download the OURA App on your compatible smartphone (iOS or Android).



Step 4: Activate your OURA Membership. The first month is free for new members.

2.2 Initial Charging

Before first use, fully charge your OURA Ring 4. Place the ring on the included charging dock. The indicator light on the dock will show charging status. A full charge typically takes 20-80 minutes and provides up to 8 days of battery life.

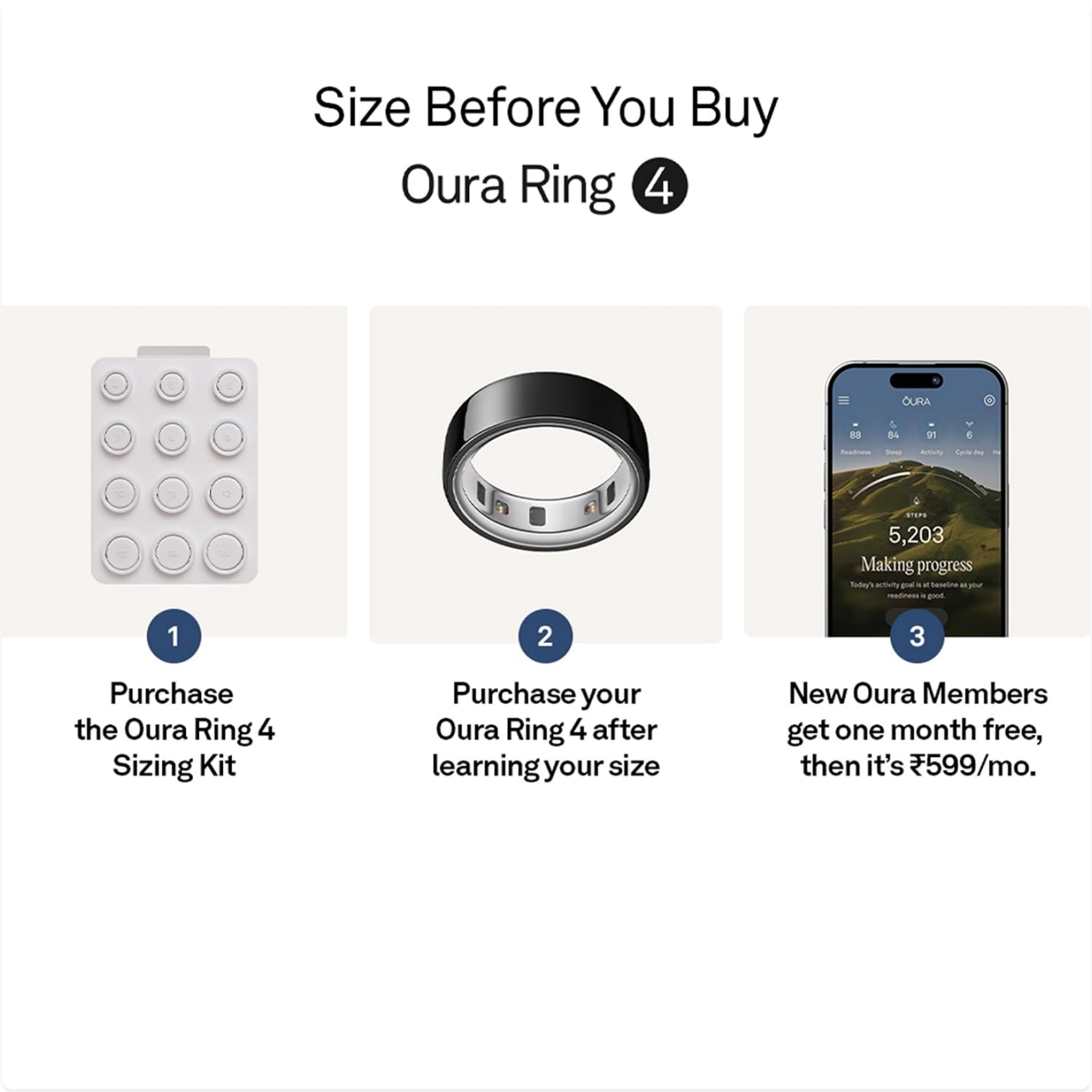

Image: The OURA Ring 4 placed on its charging dock.

3. Operating Instructions

The OURA Ring 4 operates continuously to track your biometrics. All data is accessible and interpreted through the OURA App.

3.1 Wearing the Ring

Wear the OURA Ring 4 on any finger, with the sensors positioned on the palm side of your finger for optimal contact. The ring is designed for 24/7 wear, including during sleep, workouts, and daily activities.

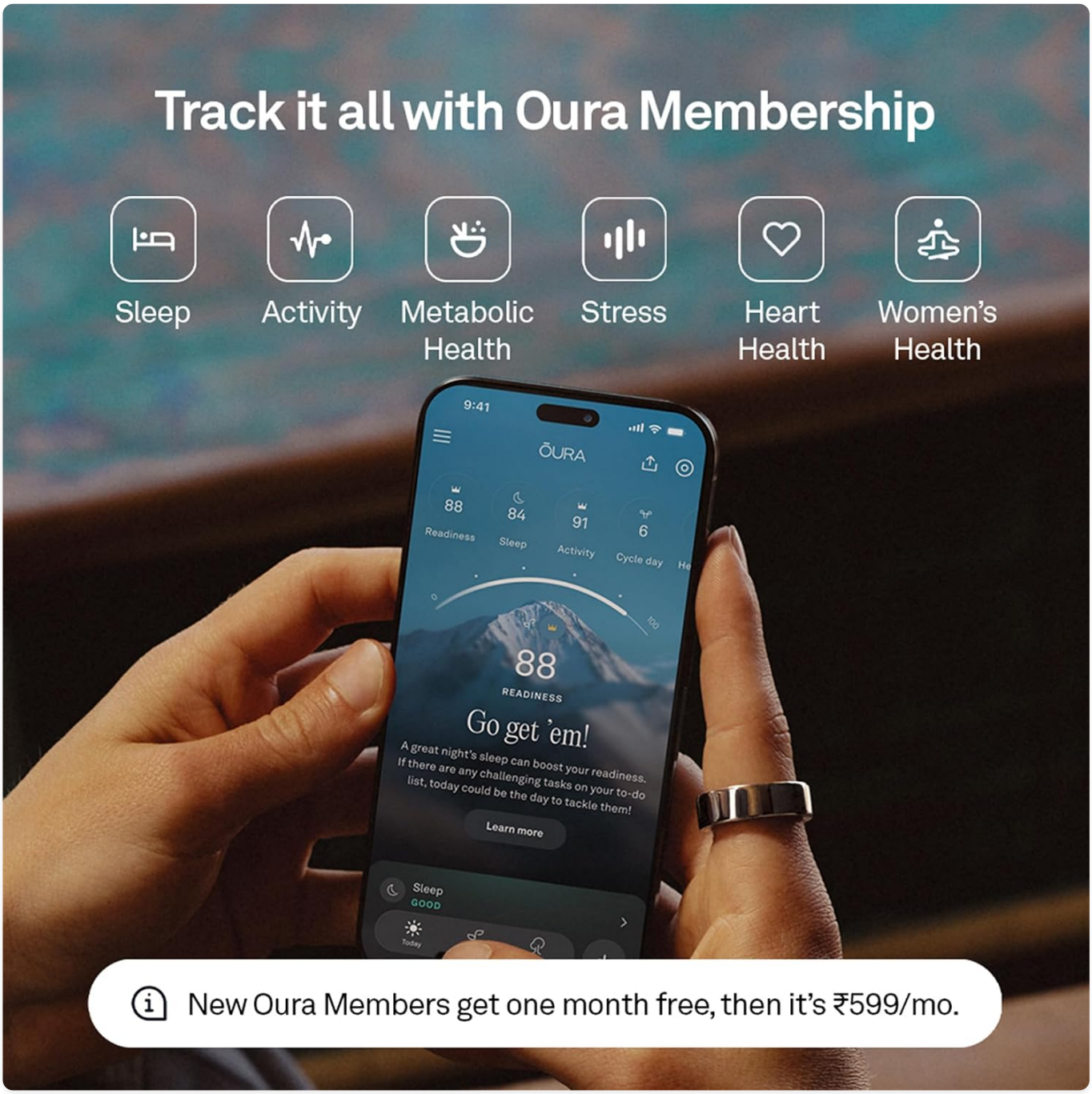

Image: The OURA Ring 4 worn on a finger, illustrating sensor placement.

3.2 Using the OURA App

The OURA App is your primary interface for viewing and understanding your health data. It provides detailed insights into:

- **Sleep:** Tracks sleep stages, duration, and quality.
- **Activity:** Monitors steps, calories burned, and activity levels.
- **Readiness:** Combines sleep, activity, and body temperature data to provide a daily readiness score.
- **Heart Health:** Measures heart rate and heart rate variability (HRV).
- **Women's Health:** Offers cycle insights based on temperature trends.
- **Stress:** Provides insights into your stress levels throughout the day.



Image: OURA App displaying detailed sleep tracking information.



Image: OURA App displaying daily activity and workout data.



Image: OURA App displaying your daily readiness score and contributing factors.

Image: OURA App displaying women's health cycle insights based on temperature.

4. Maintenance

To ensure the longevity and optimal performance of your OURA Ring 4, follow these maintenance guidelines.

4.1 Cleaning

Clean your OURA Ring 4 regularly with mild soap and water. Gently wipe the ring, especially the sensor area, with a soft cloth. Avoid abrasive cleaners or materials that could scratch the ring's surface or damage the sensors.

4.2 Water Resistance

The OURA Ring 4 is water-resistant up to 100 meters, making it suitable for swimming, showering, and other water-based activities. However, prolonged exposure to harsh chemicals (e.g., strong detergents, chlorine in high concentrations) should be avoided as it may affect the ring's finish over time.



Image: The OURA Ring 4 is designed to be worn during water activities.

4.3 Battery Care

The OURA Ring 4 features a long-lasting battery with up to 8 days of life. Charge the ring using the provided charging dock. Avoid extreme temperatures during charging and storage to preserve battery health.



Image: The OURA Ring 4 charging dock connected via USB-C.

5. Troubleshooting

If you encounter issues with your OURA Ring 4, refer to the following common troubleshooting steps.

5.1 Ring Not Connecting to App

- Ensure Bluetooth is enabled on your smartphone.
- Check if the ring is charged. Place it on the charger for a few minutes.
- Restart your smartphone and reopen the OURA App.
- If the issue persists, try unpairing and re-pairing the ring in the OURA App settings.

5.2 Inaccurate Data Readings

- Verify that the ring fits snugly on your finger, with the sensors making good contact with your skin.
- Clean the sensors on the inside of the ring to remove any dirt or debris.
- Ensure the OURA App is updated to the latest version.

5.3 Ring Not Charging

- Ensure the charging cable is securely connected to both the dock and a power source.
- Check if the charging dock's indicator light is active when the ring is placed on it.
- Try using a different USB power adapter or port.
- Clean the charging contacts on both the ring and the dock.

6. Specifications

Model Name	Oura Ring 4 - Stealth
Wearable Computer Type	Smart Ring
Material	Titanium
Color	Stealth
Connectivity Technology	Bluetooth
Battery Life	Up to 8 Days
Water Resistance Level	Water Resistant (up to 100 meters)
Metrics Measured	Heart Rate, Heart Rate Variability (HRV), Blood Oxygen (SpO2), Skin Temperature, Sleep Stages, Activity, Stress
Supported Application	Oura App
Compatible Devices	Smartphones (iOS and Android 10+)
Item Dimensions	23 x 23 x 8 Millimeters
Item Weight	0.18 Kilograms

7. Warranty Information

The OURA Ring 4 comes with a **2-year limited manufacturer warranty**. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims.
For specific details regarding warranty coverage and limitations, refer to the official OURA website or contact OURA customer support.

8. Support

For further assistance, technical support, or inquiries, please utilize the following resources:

- **OURA App:** The OURA App often contains FAQs, guides, and direct access to support channels.
- **Official OURA Website:** Visit ouraring.com for comprehensive support articles, user guides, and contact information.
- **Manufacturer Contact:** Oura Health OY, Elektroniikkatie 10, Oulu, 90590 Finland.

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