OURA Oura Ring 4 Charger - Size 12

Oura Ring 4 Charger - Size 12 Instruction Manual

Model: Oura Ring 4 Charger - Size 12

Product Overview

The Oura Ring 4 Charger is designed exclusively for charging your Oura Ring 4. This charger provides a fast, convenient, and easy method to power your device. It includes a USB-C to USB-C cable and requires an external 5Vdc power supply that complies with the IEC 62368-1 standard.
Key features include:

- **Size-Specific Design:** Chargers are tailored to specific Oura Ring 4 sizes. Ensure you use the charger corresponding to your ring's size, which can be found on the inside of your Oura Ring 4.
- **Efficient Charging:** A full charge typically takes between 20 to 80 minutes, depending on the ring's current battery level.
- **USB-C Connectivity:** Comes with a USB-C to USB-C cable for modern power connections.
- **Battery Level Monitoring:** Check your Oura Ring 4's battery status directly within the Oura app.

Package Contents

- Oura Ring 4 Charger (Size 12)
- USB-C to USB-C Cable

Setup

1. **Identify Your Ring Size:** Locate the size marking on the inside of your Oura Ring 4. This charger is specifically for Size 12 rings. Using an incorrect size charger may prevent proper charging.



Image: The Oura Ring 4 Charger for Size 12, a grey square charging dock with a central circular charging post. This image shows the charger itself, which is size-specific.

2. **Connect the USB-C Cable:** Insert one end of the provided USB-C to USB-C cable into the charging dock.



Image: The Oura Ring 4 Charger with a white USB-C cable connected to its port. This illustrates how the cable connects to the charging dock.

3. **Connect to Power Source:** Connect the other end of the USB-C cable to an external 5Vdc power supply (not included) that complies with the IEC 62368-1 standard. This could be a compatible wall adapter or a computer's USB-C port.

Operating Instructions

1. **Place the Oura Ring on the Charger:** Gently place your Oura Ring 4 onto the central charging post of the dock. Ensure the ring sits securely and makes proper contact. A small indicator light on the charger may illuminate to confirm charging has begun.



Image: An Oura Ring 4 placed on the charging dock, with a small blue indicator light visible, signifying active charging.

2. **Monitor Charging Progress:** The Oura Ring 4 typically charges fully within 20 to 80 minutes. Charging time varies based on the ring's current battery level.
3. **Check Battery Level in Oura App:** To view the precise battery level of your Oura Ring 4, open the Oura application on your smartphone. Tap the circular icon located in the upper right-hand corner of the home tab.
4. **Remove Ring After Charging:** Once fully charged, carefully lift the Oura Ring 4 from the charging dock.

Helpful Video: Charging Your Oura Ring 4

Your browser does not support the video tag.

Video: An official Oura video demonstrating how to place the Oura Ring 4 on its charger for optimal charging. This video is 5 seconds long and provides a quick visual guide.

Maintenance

- **Cleaning:** Use a soft, dry cloth to gently wipe the charging dock and the Oura Ring 4 to remove any dust or debris. Avoid using abrasive cleaners or solvents.
- **Storage:** When not in use, store the charger in a cool, dry place away from direct sunlight and extreme temperatures.
- **Cable Care:** Avoid bending or crimping the USB-C cable excessively to prevent damage.

Troubleshooting

Problem	Possible Cause	Solution
Ring not charging	◦ Incorrect charger size ◦ Loose connection ◦ Faulty power source ◦ Dirty charging contacts	◦ Verify the charger size matches your Oura Ring 4. ◦ Ensure the ring is seated correctly on the charging post. ◦ Check that the USB-C cable is securely connected to both the charger and the power adapter. ◦ Try a different USB-C power adapter or port. ◦ Clean the charging contacts on both the ring and the charger with a soft, dry cloth.
Slow charging	◦ Low-power USB port ◦ Background activity on ring	◦ Use a power adapter that provides sufficient output (e.g., a standard smartphone charger). ◦ Ensure the Oura Ring 4 is not actively syncing or performing intensive tasks during charging.
Charger indicator light not on	◦ No power to charger ◦ Ring not detected	◦ Check all cable connections and the power source. ◦ Reseat the Oura Ring 4 on the charger to ensure proper contact.

Specifications

Feature	Detail
Brand	OURA
Model Name	Oura Ring 4 Charger - Size 12
Model Number	JZ95-54834-12
Compatible Devices	Oura Ring 4
Connector Type	USB Type C
Output Current	2.5 A
Output Voltage	5 Vdc
Wattage	12.5 watts
Power Source	DC

Feature	Detail
Item Weight	0.06 kg
Material	Metal
Form Factor	Stand
Compliance	IEC 62368-1 standard (for external power supply)

Warranty Information

This Oura Ring 4 Charger comes with a**1 Year Manufacturer Warranty**. For specific details regarding warranty claims and coverage, please refer to the official Oura website or contact Oura customer support.

Support

For further assistance, product registration, or to access additional resources, please visit the official Oura support channels:

- **Official Oura Website:** ouraring.com
- **Oura Store on Amazon:** Visit the OURA Store
- **Customer Service:** Refer to your product packaging or the official Oura website for contact information.

© 2026 OURA. All rights reserved.