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OURA Oura Ring 4

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MODEL: OURA RING 4

Introduction

The Oura Ring 4 is the latest evolution of the revolutionary smart ring, designed to bring you closer to understanding your health. Powered by Smart Sensing, this device provides insights into over 50 health metrics including sleep, readiness, activity, heart health, stress, metabolic health, and women's health. The Oura Ring 4 is crafted from durable titanium and offers up to 8 days of battery life, allowing for continuous, comfortable wear.

Setup

Proper sizing is crucial for accurate data collection. The Oura Ring 4 uses a unique sizing system that differs from standard jewelry rings. It is essential to use an Oura Ring 4 Sizing Kit to determine your correct size before purchasing the ring.

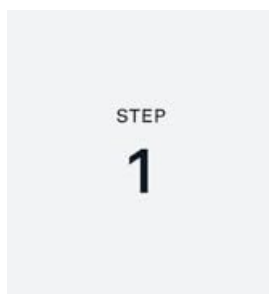


Image: The Oura Ring 4 Sizing Kit, essential for finding your correct ring size.

Once you have determined your size using the Sizing Kit, you can proceed with purchasing your Oura Ring 4. After receiving your ring, download the Oura App on your Android or iOS device to begin the setup process.

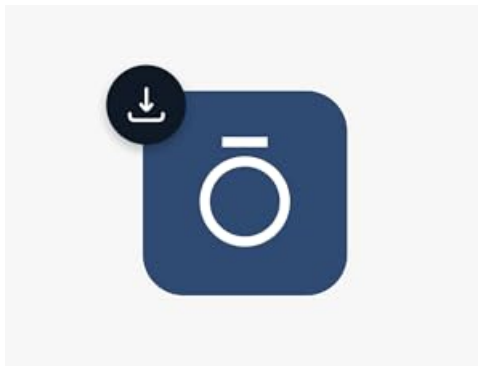


Image: The Oura App icon displayed on a smartphone screen.

A membership is required to access the full range of Oura's health insights. The first month of membership is included with your purchase for new members. After the initial month, the subscription fee is \$5.99 per month. The membership is linked to your Oura App account, not the physical ring.

Getting Started Video

Video: An official Oura video demonstrating how to get started with your Oura Ring 4, including initial setup and app pairing.

Operating

The Oura Ring 4 continuously monitors your health metrics through its Smart Sensing platform. Key features include:

- **Sleep Tracking:** Analyzes sleep stages, duration, and quality.
- **Activity Tracking:** Monitors steps, activity levels, and calorie burn.
- **Stress Monitoring:** Provides insights into your body's stress responses.
- **Heart Health:** Tracks heart rate and heart rate variability (HRV).
- **Women's Health:** Offers cycle insights and temperature trend monitoring.
- **AI Advisor:** Provides personalized recommendations based on your data.

The ring is designed for 24/7 wear, with recessed sensors for comfort. It boasts a battery life of 5 to 8 days, depending on usage, and is water-resistant up to 100 meters, making it suitable for swimming and showering.

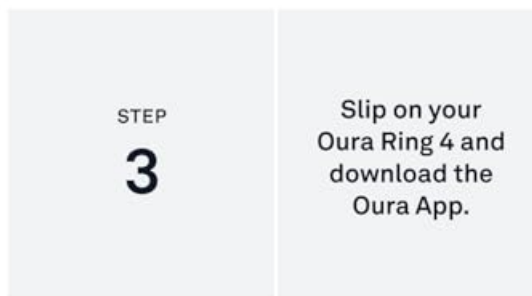


Image: A smartphone displaying the Oura App interface with detailed health metrics for sleep, activity, and readiness.

Oura App Features Video

Video: An official Oura video showcasing the various features and insights available within the Oura App.

Maintenance

To ensure optimal performance and longevity of your Oura Ring 4, follow these maintenance guidelines:

- **Charging:** Use the provided Oura Ring 4 Charger and USB cable. Place the ring on the charger, ensuring the sensors align. A full charge typically takes about 80 minutes.
- **Cleaning:** Regularly clean your Oura Ring with a soft, damp cloth. Avoid harsh chemicals or abrasive materials that could damage the ring's finish or sensors.
- **Storage:** When not in use, store your Oura Ring in a safe place to prevent scratches or damage.



Image: The Oura Ring 4, its dedicated charger, and a USB cable, illustrating the components included for charging.

Troubleshooting

If you encounter issues with your Oura Ring 4, consider the following:

- **Connectivity:** Ensure Bluetooth is enabled on your smartphone and the Oura Ring is within range.
- **App Sync:** Verify that your Oura App is up to date and has the necessary permissions to sync data.
- **Charging:** Confirm the ring is properly seated on the charger and the charger is connected to a power source.
- **Accuracy:** Re-check your ring size using the Oura Sizing Kit if you suspect inaccurate readings. Wearing the ring on your index finger is recommended for best performance.

For persistent issues, refer to the Oura App's help section or visit the official Oura support website.

Specifications

Brand	OURA
Model Name	Oura Ring 4
Model Number	JZ90-54217-11
Operating System	Android, iOS Compatible
Connectivity Technology	Bluetooth
Special Feature	Activity Tracker

Metrics Measured	Heart Rate, Sleep Duration, Step Count, Stress
Battery Life	Up to 8 days (average 5 days)
Battery Charge Time	80 minutes
Water Resistance Level	Water Resistant (100 Meters)
Band Material Type	Titanium
Item Weight	5.2 Grams
Item Dimensions (D x W x H)	0.28"D x 1.1"W x 0.28"H

Warranty

The Oura Ring 4 comes with a **1 Year Manufacturer Limited Warranty**. Please retain your proof of purchase for any warranty claims. For detailed terms and conditions, refer to the official Oura website or the information booklet included with your product.

Support

For additional support, frequently asked questions, or to contact customer service, please visit the official OURA Store or their dedicated support website. You can also find helpful resources within the Oura App. Visit the [OURA Store](#) for more information and products.