

OURA JZ90-54217-07

OURA Ring 4 Smart Ring User Manual

Model: JZ90-54217-07

1. INTRODUCTION

The Oura Ring 4 is a smart ring designed for comprehensive health and wellness tracking. It monitors over 30 biometric data points, including sleep, activity, stress, heart health, and women's health. Utilizing advanced Smart Sensing technology, the Oura Ring 4 adapts to your unique physiology to provide precise data, day and night. Crafted from 100% titanium, it offers exceptional durability and a smooth, comfortable feel, even for sensitive skin. The ring is also waterproof up to 100 meters, making it suitable for continuous wear.

Key Features:

- **Precision with Smart Sensing:** Monitors over 30 biometric data points for accurate insights into your sleep, activity, stress, heart health, and women's health.
- **Long Battery Life:** Enjoy up to 8 days of battery life on a single charge.
- **Designed for Continuous Wear:** Made from 100% titanium, the Oura Ring 4 is comfortable, durable, and waterproof up to 100 meters.
- **Seamless Integration:** Connects with the Oura app (available on iOS and Android) for detailed data analysis and personalized insights.

2. SETUP GUIDE

Before using your Oura Ring 4, it is crucial to ensure you have the correct size for optimal data accuracy and comfort. Oura Ring sizes differ from standard ring sizes.

Step 1: Determine Your Size

Purchase the Oura Ring 4 sizing kit to find your ideal fit. Wear the sizing rings for at least 24 hours to ensure comfort and proper fit across different times of day. For best accuracy, wear your Oura Ring 4 on your index, middle, or ring finger.



Image: Oura Ring 4 Sizing Kit. This kit contains various ring sizes to help you find the perfect fit for your Oura Ring 4.

Step 2: Purchase Your Oura Ring 4

Once you have determined your correct size using the sizing kit, you can proceed to purchase your Oura Ring 4.



Image: The Oura Ring 4. This image shows the sleek design of the Oura Ring 4, highlighting its internal sensors.

Step 3: Download the Oura App

After receiving your Oura Ring 4, download the official Oura application from the App Store (for iOS devices) or Google Play Store (for Android devices). The app is essential for setting up your ring, viewing your data, and accessing all features.

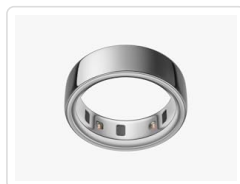


Image: Oura App Icon. This is the official Oura application icon for download.

Step 4: Activate Your Oura Membership

An Oura membership is required to access all features and insights. New Oura members receive one month free, after which the subscription costs €5.99 per month. A prepaid annual subscription is also available for €69.99/year. The membership is linked to your Oura app account.

3. OPERATING YOUR OURA RING 4

The Oura Ring 4 operates continuously to collect your health data. There are no buttons or screens on the ring itself; all interactions and data viewing occur through the Oura app.

Wearing the Ring:

Wear the Oura Ring 4 on your index, middle, or ring finger for optimal sensor contact and data accuracy. Ensure the sensors on the inside of the ring are in contact with your skin.

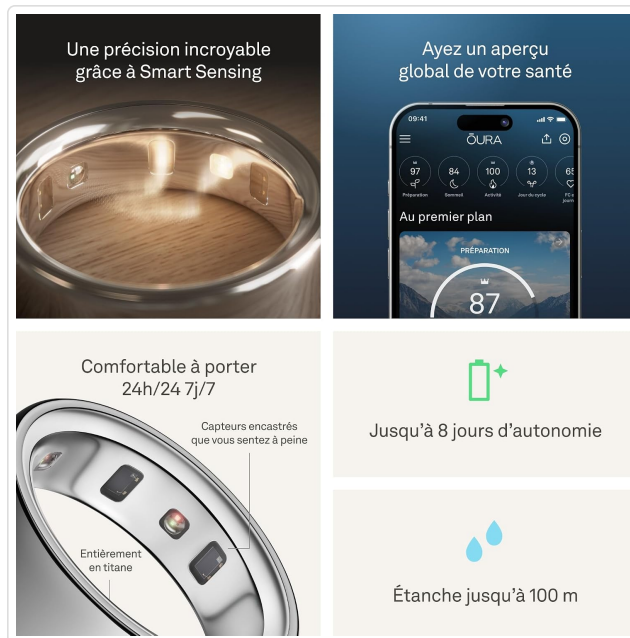


Image: Oura Ring 4 worn on a finger. This image demonstrates the proper placement of the Oura Ring 4 on a hand.

Using the Oura App:

The Oura app provides a comprehensive overview of your health data. It categorizes information into key areas:

- **Sleep:** Tracks sleep stages, duration, efficiency, and provides a sleep score.
- **Activity:** Monitors daily movement, calories burned, and provides an activity score.
- **Readiness:** Combines sleep, activity, and body signals to give you a daily readiness score, indicating your energy levels.
- **Heart Rate:** Continuously monitors your heart rate, including resting heart rate and heart rate variability.
- **Stress:** Provides insights into your stress levels and recovery.
- **Women's Health:** Tracks body temperature trends for cycle predictions.

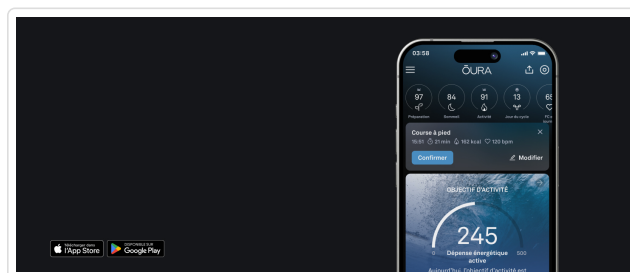


Image: Oura App displaying sleep data. This screenshot shows detailed sleep metrics within the Oura application.

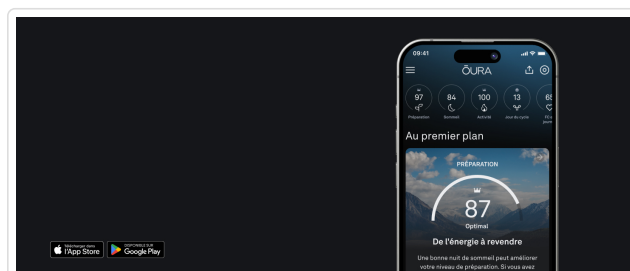


Image: Oura App displaying activity data. This screenshot illustrates activity tracking and goals within the Oura application.

4. MAINTENANCE

Charging Your Oura Ring 4:

The Oura Ring 4 offers up to 8 days of battery life. When the battery is low, place the ring on its dedicated charger. A full charge takes approximately 80 minutes. It is recommended to charge your ring regularly, for example, during your daily shower, to ensure continuous data collection.



Image: Oura Ring 4 Charger. This image shows the charging base and USB-C cable for the Oura Ring 4.

Cleaning:

To maintain optimal performance and hygiene, regularly clean your Oura Ring 4. Wipe it with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the ring's finish or sensors.

Water Resistance:

The Oura Ring 4 is waterproof up to 100 meters. This means you can wear it while swimming, showering, or engaging in other water activities without concern. However, prolonged exposure to saltwater or chlorinated water should be followed by rinsing with fresh water.

5. TROUBLESHOOTING

If you encounter issues with your Oura Ring 4, refer to the following common troubleshooting tips:

- **Connectivity Issues:** Ensure your Oura Ring 4 is charged and within Bluetooth range of your smartphone. Check that Bluetooth is enabled on your phone and that the Oura app has the necessary permissions. Try restarting both your phone and the Oura app.
- **Inaccurate Data/Sensor Issues:** Ensure the ring is worn correctly on your finger, with the sensors making good contact with your skin. Clean the sensors gently with a soft cloth to remove any dirt or debris. If you notice a faint red or green light from the sensors, this is normal during measurement.
- **Battery Draining Faster:** Battery performance can vary with usage. If you experience significantly reduced battery life, ensure the ring's firmware is up to date via the Oura app. If the issue persists, contact Oura support.
- **Ring Scratches:** The Oura Ring 4 is made of titanium, but like all jewelry, it can scratch with impact or abrasion. Take care during activities that might expose it to rough surfaces.

6. SPECIFICATIONS

Feature	Detail
Model Number	JZ90-54217-07
Dimensions (L x W x H)	2.4 x 2.4 x 0.7 cm

Weight	191 grams (product weight, likely includes packaging)
Battery Type	1 Lithium-polymer (included)
Battery Life	Up to 8 days
Charge Time	Approximately 80 minutes
Material	Titanium (case)
Water Resistance	Waterproof up to 100 meters
Connectivity	Bluetooth
Compatible Operating Systems	Android, iOS
Special Features	Heart rate monitor, stress monitor
Memory Storage	4 GB
RAM Installed	512 KB
Display Type	No display
Included in Box	Oura Ring 4, Oura Ring 4 Charger, USB-C Cable, Quick Start Guide, Information Brochure

7. WARRANTY INFORMATION

The Oura Ring 4 comes with a **2-year manufacturer's warranty**. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims. For detailed terms and conditions, refer to the information brochure included in your product packaging or visit the official Oura website.

8. SUPPORT

For further assistance, technical support, or to inquire about your Oura Ring 4, please contact Oura customer service. You can typically find support contact information within the Oura app or on the official Oura website. You can also visit the official OURA store for more information and resources:[OURA Store](#)

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question