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Oura Oura Ring 4

Oura Ring 4 User Manual

Comprehensive Guide for Health and Fitness Tracking

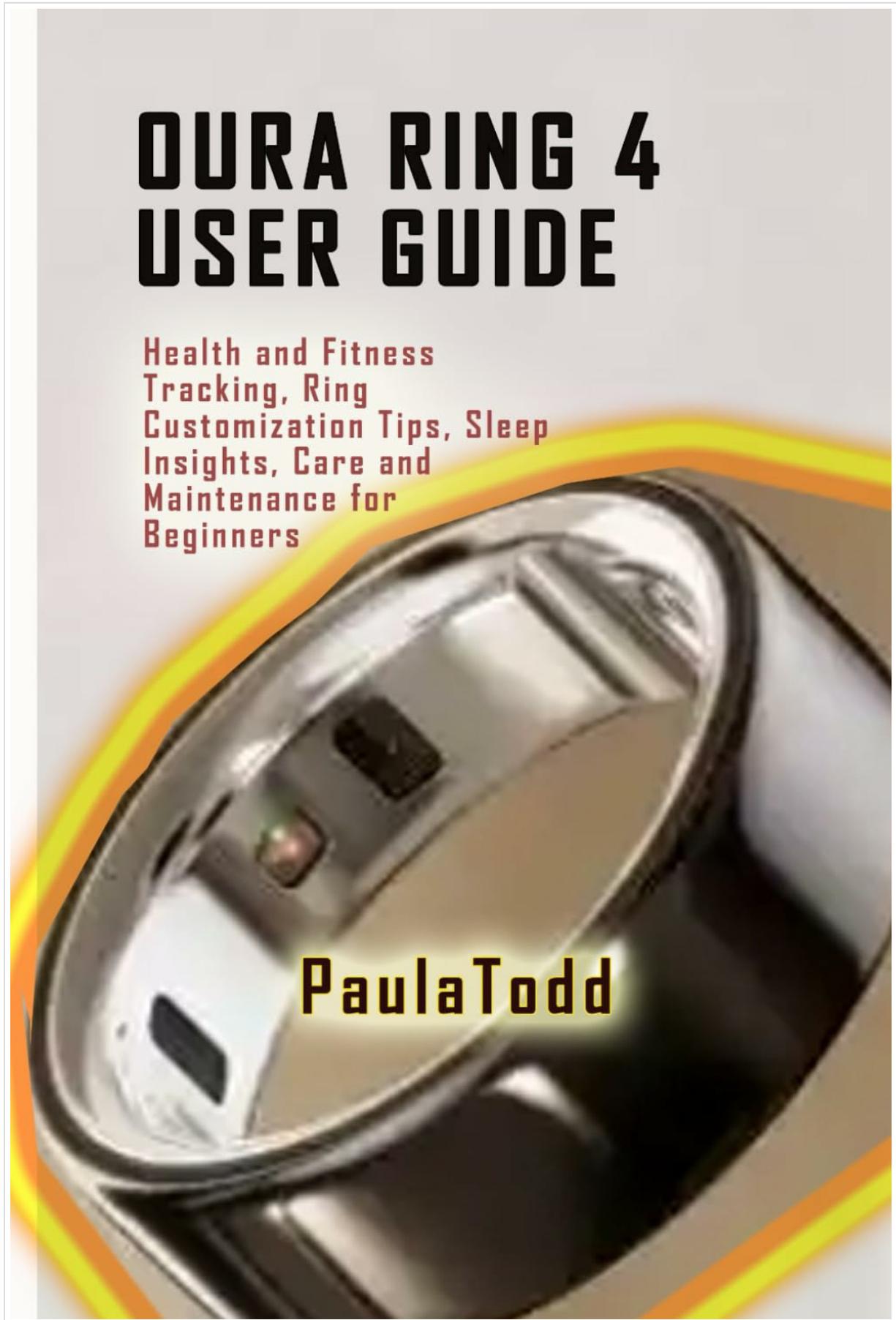
INTRODUCTION TO THE OURA RING 4

This manual provides detailed instructions for using your Oura Ring 4, a wearable device designed to monitor various health and fitness metrics. It covers setup, operation, maintenance, and troubleshooting to help you maximize your experience with the device.

OURA RING 4 USER GUIDE

Health and Fitness
Tracking, Ring
Customization Tips, Sleep
Insights, Care and
Maintenance for
Beginners

PaulaTodd



This image displays the front cover of the Oura Ring 4 User Guide book, featuring its title and design.

SETUP GUIDE

Follow these steps to prepare your Oura Ring 4 for use.

1. Unboxing and Initial Charge

1. Carefully unbox your Oura Ring 4 and its charging unit.
2. Place the Oura Ring onto the charging unit. Ensure the ring is properly seated.
3. Connect the charging unit to a power source using the provided USB cable.
4. Allow the ring to charge fully before first use. The Oura app will indicate the charge status.

2. Pairing with Your Smartphone

1. Ensure your smartphone's Bluetooth is enabled.
2. Download and install the official Oura app from your device's app store.
3. Open the Oura app and follow the on-screen instructions to create an account or log in.
4. The app will guide you through the pairing process to connect your Oura Ring 4.

3. Oura App Setup

1. Complete your personal profile within the Oura app, including age, gender, height, and weight for accurate data interpretation.
2. Familiarize yourself with the app's interface, including the Home, Readiness, Sleep, and Activity tabs.
3. Adjust notification settings and privacy preferences as desired.

OPERATING YOUR OURA RING 4

The Oura Ring 4 continuously tracks various health metrics. Here's how to understand and utilize its features.

Health Tracking Essentials

- **Sleep Stages:** The ring monitors light, deep, and REM sleep stages. Review your sleep patterns in the Oura app to understand your sleep quality.
- **Daily Activity Goals:** Track your daily movement and activity levels. The app provides personalized activity goals and insights.
- **Real-time Heart Rate:** Monitor your heart rate throughout the day and night. This data contributes to your overall health and recovery insights.

Advanced Features

- **Readiness Score:** This score indicates your body's recovery status and ability to perform. It's based on sleep, activity, body temperature, and heart rate variability.
- **Heart Rate Variability (HRV):** Gain insights into your autonomic nervous system's balance, which is a key indicator of stress and recovery.
- **Body Temperature Tracking:** The ring tracks subtle changes in your body temperature, which can indicate illness, menstrual cycle phases, or recovery needs.

Fitness and Recovery Insights

- **Workout Tracking:** Manually log workouts or allow the ring to detect activity. Review workout intensity and calorie burn.
- **Custom Fitness Goals:** Set and adjust your activity goals within the app to align with your fitness objectives.

- **Recovery Guidance:** Receive personalized tips on movement, exertion levels, and recovery based on your Readiness Score and other metrics.

Mindfulness and Stress Management

- **Stress Monitoring:** The Oura app provides tools to help you understand and manage stress levels.
- **Relaxation Exercises:** Utilize guided meditation and breathing exercises available in the app to promote mindfulness and reduce stress.

CARE AND MAINTENANCE

Proper care ensures the longevity and optimal performance of your Oura Ring 4.

Cleaning Your Oura Ring

- Clean your Oura Ring regularly with a soft, damp cloth.
- Avoid using harsh chemicals, abrasive materials, or ultrasonic cleaners, as these can damage the ring's finish and sensors.
- Ensure the ring is dry before placing it on the charger or wearing it.

Battery Care

- Charge your Oura Ring regularly to maintain battery health.
- Avoid completely draining the battery frequently.
- Store the ring in a cool, dry place when not in use for extended periods.

Customization Tips

- Personalize your Oura app settings, including notification preferences and daily goals, to suit your lifestyle.
- Explore the various insights and reports available in the app to gain a deeper understanding of your health data.



This image displays the back cover of the Oura Ring 4 User Guide book, which typically contains a summary or additional information.

TROUBLESHOOTING COMMON ISSUES

If you encounter problems with your Oura Ring 4, refer to these common solutions.

- **Ring Not Connecting to App:**
Ensure Bluetooth is enabled on your smartphone. Restart both your phone and the Oura Ring (by placing it on the charger for a few seconds). Check if the Oura app is updated to the latest version.
- **Inaccurate Data Readings:**
Verify that the ring fits snugly on your finger. The sensors should be in good contact with your skin. Clean the sensors regularly to remove any dirt or debris.
- **Battery Draining Quickly:**

Check for excessive background app usage. Ensure the ring is fully charged before use. If the issue persists, contact Oura support.

- **Charging Issues:**

Ensure the charging cable and unit are properly connected and free from damage. Try a different USB port or power adapter. Clean the charging contacts on both the ring and the charger.

- **App Freezing or Crashing:**

Close and reopen the Oura app. Clear the app's cache (via your phone's settings). Ensure your phone's operating system is up to date.

PRODUCT SPECIFICATIONS

Key technical details for the Oura Ring 4 User Guide book.

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WARRANTY AND SUPPORT INFORMATION

This user manual provides guidance for the Oura Ring 4. For specific warranty details, product support, or service inquiries related to your Oura Ring 4 device, please refer to the official Oura website or contact Oura customer support directly. This manual does not cover product warranty terms or direct support services.