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## Ultrahuman Ring Air

### Ultrahuman Ring Air User Guide

Model: Ring Air | Brand: Ultrahuman

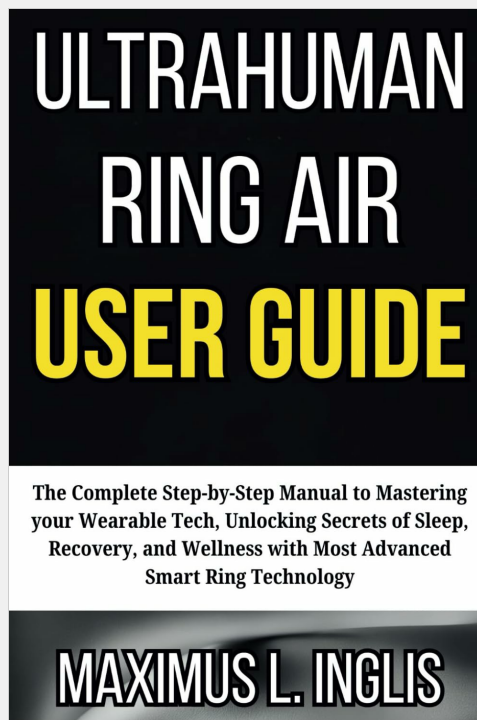


Image: Front cover of the Ultrahuman Ring Air User Guide, featuring the product name prominently.

## INTRODUCTION TO ULTRAHUMAN RING AIR

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The Ultrahuman Ring Air is an advanced wearable technology designed to help users monitor and improve their health, fitness, and overall well-being. This guide provides comprehensive instructions on setting up, operating, and maintaining your Ultrahuman Ring Air to maximize its potential in tracking vital metrics such as sleep patterns, recovery, and movement.

This manual is based on the detailed insights provided in the official Ultrahuman Ring Air User Guide book, ensuring you have all the necessary information to effectively utilize your device.

## SETUP

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### 1. Unboxing and Initial Preparation

Carefully unbox your Ultrahuman Ring Air. Ensure all components, including the ring and charging accessories, are present. It is recommended to fully charge the ring before its first use.

## 2. Ring Sizing

Accurate data collection depends on a proper fit. The Ultrahuman Ring Air should fit snugly but comfortably on your finger. Refer to the detailed sizing guide provided with your product to determine the ideal finger and size for optimal readings and comfort.

## 3. App Installation and Pairing

Download the official Ultrahuman app from your device's app store. Once installed, open the app and follow the on-screen instructions to create an account and pair your Ultrahuman Ring Air via Bluetooth. Ensure your device's Bluetooth is enabled during this process.

# OPERATING THE ULTRAHUMAN RING AIR

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## 1. Understanding Key Metrics

- **Sleep Tracking:** The ring monitors various sleep stages, duration, and disturbances to provide a comprehensive overview of your sleep quality. Utilize this data to optimize your recovery and wake up feeling refreshed.
- **Recovery Insights:** Gain insights into your body's recovery status, helping you understand how well you are recuperating from physical and mental stress.
- **Movement Tracking:** Track your physical activity levels, including steps, calories burned, and active minutes, to encourage a healthier, more active lifestyle.

## 2. Navigating the Ultrahuman App

The Ultrahuman app serves as your central hub for all data collected by the ring. Explore the app's dashboard to view your daily metrics, historical trends, and personalized insights. The app allows you to sync your habits and use the data to create a healthier routine.

## 3. Daily Usage

Wear the Ultrahuman Ring Air continuously for optimal data collection. The ring automatically syncs data with the app when in proximity to your paired device. Ensure the app is running in the background or opened periodically to facilitate data transfer.

# MAINTENANCE

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## 1. Cleaning the Ring

To maintain hygiene and ensure accurate readings, clean your Ultrahuman Ring Air regularly. Use a soft, damp cloth to wipe the ring. Avoid harsh chemicals or abrasive materials that could damage the finish or sensors.

## 2. Battery Care

Charge your ring as needed. While the Ultrahuman Ring Air is designed for extended battery life, consistent charging habits can prolong its overall lifespan. Avoid fully depleting the battery frequently.

## 3. Storage

When not in use for extended periods, store the Ultrahuman Ring Air in a cool, dry place, away from direct sunlight and extreme temperatures. Ensure it is adequately charged before storage to prevent deep discharge.

# TROUBLESHOOTING

## 1. Common Issues and Solutions

- **Ring Not Connecting:** Ensure Bluetooth is enabled on your device, the ring is charged, and within range. Try restarting both the ring (by placing it on the charger) and your mobile device.
- **Inaccurate Data:** Verify the ring's fit on your finger. A loose or overly tight fit can affect sensor accuracy. Ensure the ring's sensors are clean.
- **Charging Problems:** Check the charging cable and base for damage. Ensure the ring is correctly seated on the charger. Try a different USB port or power adapter.

## 2. Resetting the Device

If issues persist, a factory reset may be necessary. Consult the Ultrahuman app's settings or the official support documentation for specific instructions on how to perform a reset for your Ultrahuman Ring Air model.

## SPECIFICATIONS

Feature	Detail
Model	Ultrahuman Ring Air
Dimensions	6 x 0.33 x 9 inches (Book dimensions, assuming ring dimensions are not provided in input)
Weight	9.8 ounces (Book weight, assuming ring weight is not provided in input)
Connectivity	Bluetooth (Assumed for smart ring)
ISBN-13 (User Guide Book)	979-8282816839

Note: Dimensions and weight listed are for the physical user guide book, as specific ring dimensions were not provided in the source data.



Image: Back cover of the Ultrahuman Ring Air User Guide book, displaying the ISBN barcode and number.

## WARRANTY AND SUPPORT

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### 1. Warranty Information

For detailed warranty information regarding your Ultrahuman Ring Air, please refer to the official Ultrahuman website or the documentation included with your product purchase. Warranty terms typically cover manufacturing defects for a specified period.

### 2. Customer Support

If you encounter any issues or have questions not covered in this manual, please visit the official Ultrahuman support portal or contact their customer service team. Contact details are usually available on the Ultrahuman website.

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