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› Oura Ring 4 User Manual

OURA JZ90-54216-08

Oura Ring 4 User Manual

Model: JZ90-54216-08

INTRODUCTION

The Oura Ring 4 is an advanced smart ring designed to monitor various biometric data points, providing insights into your sleep, readiness, activity, heart health, stress, metabolic health, and women's health. Crafted from durable titanium, it offers comfortable 24/7 wear and up to 8 days of battery life. This manual provides essential information for setting up, operating, and maintaining your Oura Ring 4.

1. GETTING STARTED: SIZING AND SETUP

Before purchasing and setting up your Oura Ring 4, it is crucial to determine your correct size. Oura Ring 4 sizes differ from standard US ring sizes. A sizing kit is recommended to ensure the best fit and experience.

Size Before You Buy

Oura Ring 4



i Oura Ring 4 sizes are different than Gen3 and standard ring sizes

The Oura Ring 4 has unique sizing. It is not standard US ring sizing.

Size Before You Buy Oura Ring 4



1

**Purchase
the Oura Ring 4
Sizing Kit**



2

**Purchase your
Oura Ring 4 after
learning your size**



3

**New Oura Members
get one month free,
then it's \$5.99/mo.**



**Receive \$10 Amazon credit towards
Oura Ring 4 with purchase of sizing kit**

Sizing Process: 1. Purchase the Oura Ring 4 Sizing Kit. 2. Purchase your Oura Ring 4 after learning your size. 3. Download the Oura App.

Initial Setup Steps:

1. **Charge Your Ring:** Place your Oura Ring 4 on the included charger. Connect the USB cable to a power source. Ensure the ring is properly seated for charging.
2. **Download the Oura App:** The Oura App is essential for using your ring. It is compatible with both iOS and Android devices. Search for "Oura App" in your device's app store.
3. **Pair Your Ring:** Follow the in-app instructions to pair your Oura Ring 4 with your smartphone via Bluetooth. This will enable data synchronization.
4. **Membership Activation:** A membership is required to access all features and insights. The first month is typically included for new members.



What's in the Box: Oura Ring 4, Oura Ring 4 Charger, USB Cable.

2. OPERATING YOUR OURA RING 4

The Oura Ring 4 is designed for continuous wear, providing comprehensive health monitoring throughout your day and night. It operates automatically, collecting data as you go about your activities.

Key Features and Monitoring:

- **Sleep Tracking:** Monitors sleep stages (REM, Light, Deep), sleep latency, and restlessness to provide a detailed sleep analysis.
- **Activity Tracking:** Records steps, calories burned, and activity levels.
- **Readiness Score:** Combines sleep, activity, and physiological signals to provide a daily readiness score, indicating your body's recovery and energy levels.
- **Heart Health:** Tracks heart rate and heart rate variability (HRV).
- **Stress Monitoring:** Provides insights into stress levels and offers guided breathing exercises.
- **Metabolic Health:** Offers data related to metabolic responses.
- **Women's Health:** Tracks body temperature trends for cycle insights.

Track it all with Oura Membership



Sleep



Activity



Stress



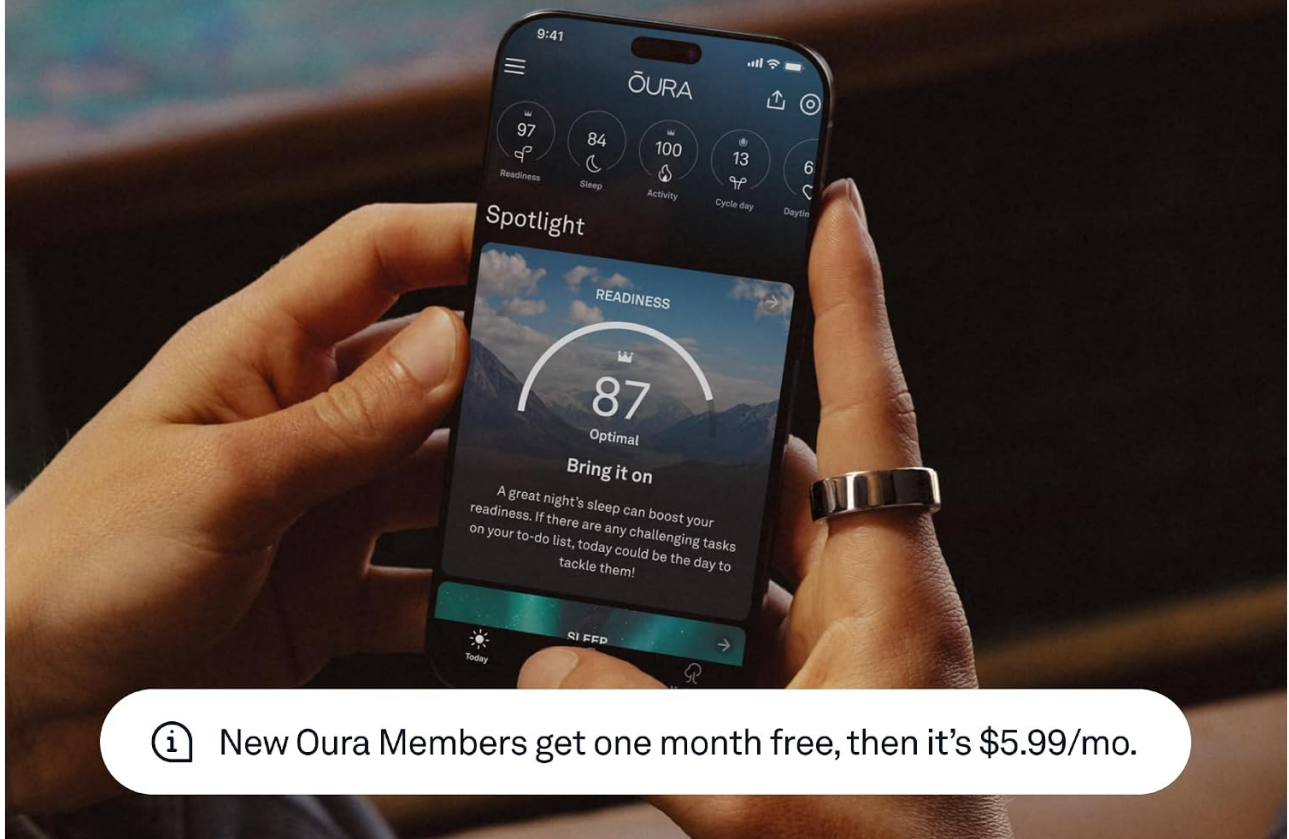
Metabolic
Health



Heart
Health



Women's
Health



 New Oura Members get one month free, then it's \$5.99/mo.

The Oura App displays comprehensive health metrics.

Incredible accuracy powered by
Smart Sensing



Get a holistic view of
your health



Comfortable for 24/7 wear



Up to 8 day battery life



Water resistant up to 100m

Smart Sensing technology provides incredible accuracy.

App Integration:

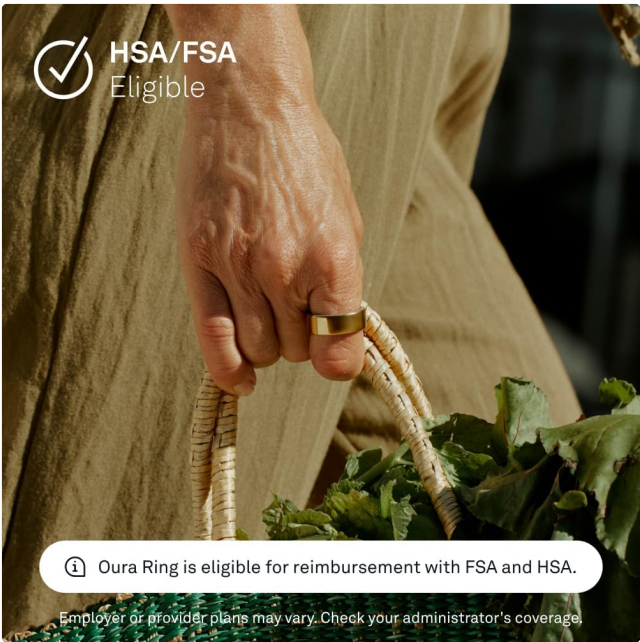
The Oura Ring 4 seamlessly integrates with over 40 popular health and fitness applications, including Apple Health, Google Health Connect, Natural Cycles, Flo, and Strava. This allows for a holistic view of your health data across different platforms.

3. MAINTENANCE AND CARE

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

- **Cleaning:** Regularly clean your Oura Ring 4 with a soft, damp cloth. Avoid harsh chemicals or abrasive materials that could damage the finish or sensors.
- **Water Resistance:** The Oura Ring 4 is water resistant up to 100 meters, making it suitable for showering, swimming, and other water-based activities. However, prolonged exposure to saltwater or chlorinated water should be followed by rinsing with fresh water.
- **Battery Life:** The ring offers up to 8 days of battery life. Charge your ring regularly using the provided charger. Charging typically takes 20-80 minutes depending on the battery level.

- **Storage:** When not in use for extended periods, store your Oura Ring 4 in a cool, dry place.



The Oura Ring 4 is designed for 24/7 wear and is water resistant.

4. TROUBLESHOOTING

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

- **Connectivity Issues:** Ensure Bluetooth is enabled on your device and the Oura App has necessary permissions. Try restarting your phone and the Oura Ring (by placing it on the charger for a few seconds).
- **Data Sync Problems:** Make sure your ring is charged and within Bluetooth range of your device. Open the Oura App to initiate a sync. If data is not appearing or graphing correctly (e.g., heart rate, sleep, blood oxygen saturation), try reinstalling the app or contacting Oura support.
- **Inaccurate Readings:** Verify that your ring fits snugly but comfortably on your finger, ideally your index finger, for optimal sensor contact. Ensure the sensors on the inside of the ring are clean.
- **Battery Not Charging:** Check that the charger and USB cable are properly connected and the power source is active. Ensure the ring is correctly positioned on the charger.
- **App Freezing/Crashing:** Close and reopen the Oura App. If the issue persists, clear the app's cache or reinstall it.

For persistent issues not resolved by these steps, please refer to the official Oura support resources or contact their customer service.

5. SPECIFICATIONS

Feature	Detail
Product Dimensions	0.87 x 0.87 x 0.28 inches
Item Weight	6.7 ounces
Model Number	JZ90-54216-08
Batteries	1 Lithium Polymer batteries required (included)

Feature	Detail
Connectivity	Bluetooth
Color	Gold
Manufacturer	Oura
First Available	October 3, 2024
Water Resistance	Up to 100m

6. WARRANTY AND SUPPORT

For detailed warranty information, please refer to the official Oura website or the documentation included with your product. Oura Ring 4 is eligible for reimbursement with FSA/HSA funds, subject to your employer or provider plan coverage.

Ongoing access to the full range of Oura Ring 4 features and insights requires an active Oura Membership. The first month of membership is typically included with your purchase for new members, with a monthly subscription fee thereafter.

For further assistance, technical support, or to explore additional resources, please visit the official Oura support page or contact their customer service directly.

You can visit the OURA Store on Amazon for more information:[OURA Store](#)