

OURA Oura Ring 4

OURA Ring 4 Smart Ring Instruction Manual

Model: JZ90-54216-09

1. SETUP

1.1 Sizing Your OURA Ring 4

The OURA Ring 4 uses a unique sizing system that differs from standard ring sizes. To ensure an accurate fit and optimal performance, it is essential to use the OURA Ring 4 Sizing Kit before purchasing your ring.



Image: The OURA Ring 4 Sizing Kit, essential for determining your correct ring size.

1. **Purchase the OURA Ring 4 Sizing Kit:** This kit contains various ring sizes to help you find your perfect fit.
2. **Wear the Sizing Rings:** Wear a sizing ring for at least 24 hours to determine the most comfortable fit across different times of day and activities. The ring should be snug but not uncomfortable, and easy to remove.
3. **Note Your Size:** Once you have identified your ideal size, you can proceed with purchasing your OURA Ring 4.

1.2 Downloading the OURA App

The OURA Ring 4 requires the OURA App for full functionality, data synchronization, and personalized insights. The app is

available for both Android and iOS devices.

- **Download:** Search for "OURA App" on the Apple App Store (for iOS devices) or Google Play Store (for Android devices).
- **Installation:** Follow the on-screen instructions to install the app on your smartphone.
- **Account Creation:** Open the app and create an OURA account or log in if you already have one.
- **Pairing:** Follow the in-app instructions to pair your OURA Ring 4 with your smartphone via Bluetooth.



Image: The OURA App icon, used for managing your smart ring data.

A monthly OURA Membership is required to access all features and data analysis. The first month of membership is typically free with your purchase.

2. OPERATING YOUR OURA RING 4

The OURA Ring 4 is designed for continuous wear, providing comprehensive health tracking through its advanced sensors and Smart Sensing technology.

2.1 Core Functionality

The ring tracks over 30 biometrics, offering insights into various aspects of your health:

- **Sleep Tracking:** Monitors sleep stages (REM, deep, light), sleep duration, and efficiency.
- **Activity Tracking:** Records steps, calories burned, and activity levels throughout the day.
- **Heart Rate Monitoring:** Provides continuous heart rate data, including resting heart rate and heart rate variability (HRV).
- **Stress Tracking:** Analyzes physiological signals to help identify stress levels and recovery.
- **Women's Health:** Offers insights into menstrual cycle phases and temperature trends.
- **Blood Oxygen (SpO2):** Measures blood oxygen saturation levels.
- **Skin Temperature:** Tracks skin temperature deviations, which can indicate illness or cycle changes.

Track it all with Oura Membership



Sleep



Activity



Metabolic
Health



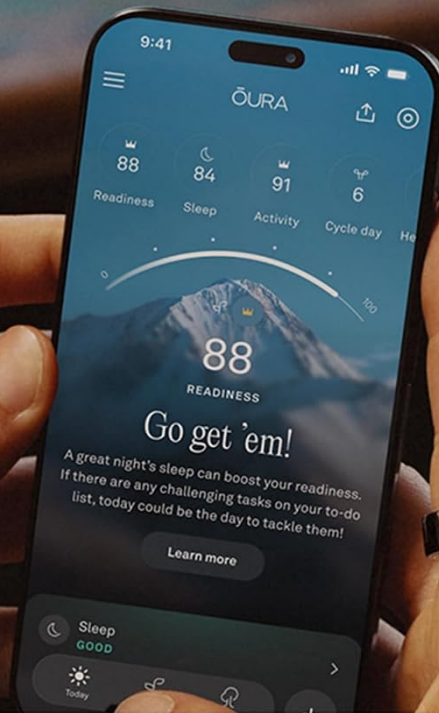
Stress



Heart
Health



Women's
Health



New Oura Members get one month free, then it's ₹599/mo.

Image: An OURA Ring 4 worn on a finger, with the accompanying mobile application displaying health metrics.

2.2 Smart Sensing Technology

The OURA Ring 4 utilizes Smart Sensing technology to provide accurate and continuous data. This system adapts to your unique physiological patterns, ensuring personalized and reliable health insights day and night.

What's in the Box



Oura Ring 4 Ceramic

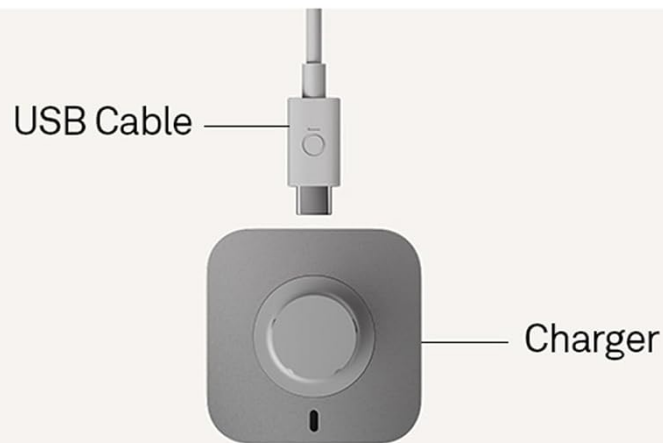
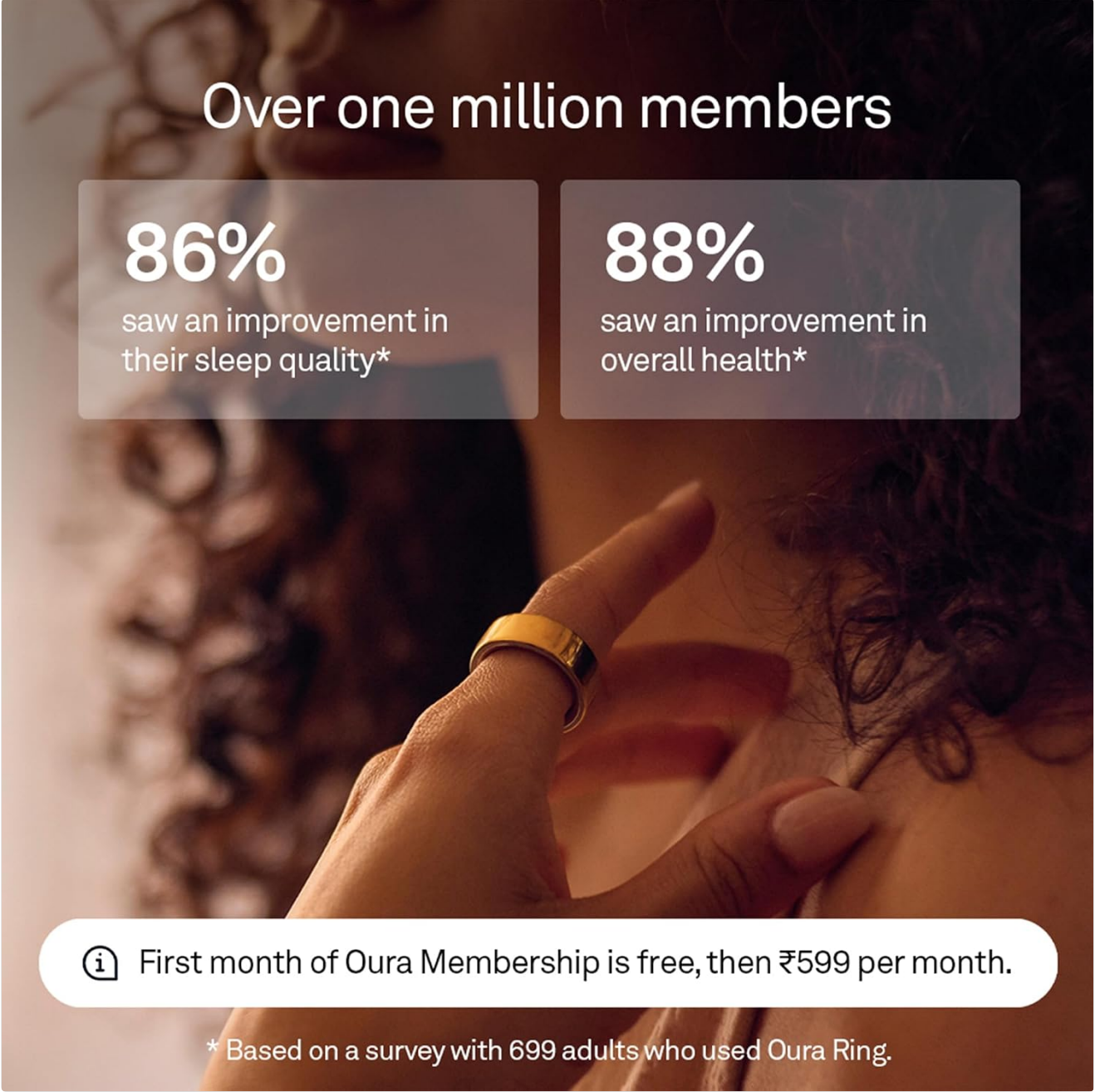


Image: A close-up view of the OURA Ring 4's internal sensors, which are recessed for comfort and accuracy.

2.3 Battery Life and Charging

The OURA Ring 4 offers up to 8 days of battery life on a single charge. To charge your ring:

1. Place the ring on its dedicated charging dock.
2. Connect the USB-C cable to the charging dock and a power source.
3. A full charge typically takes approximately 80 minutes.



Over one million members

86%

saw an improvement in
their sleep quality*

88%

saw an improvement in
overall health*

 First month of Oura Membership is free, then ₹599 per month.

* Based on a survey with 699 adults who used Oura Ring.

Image: The OURA Ring 4 placed on its charging dock, connected via a USB-C cable.

3. MAINTENANCE

3.1 Cleaning Your OURA Ring 4

To maintain hygiene and optimal sensor performance, regularly clean your OURA Ring 4:

- Wash the ring with mild soap and water.
- Wipe it down thoroughly with a soft cloth before placing it on the charger or wearing it again.

3.2 Water Resistance

The OURA Ring 4 is water resistant up to 100 meters, making it suitable for daily activities such as showering, swimming, and washing hands. However, it is not recommended for diving or high-pressure water activities.



Image: An OURA Ring 4 submerged in water, demonstrating its water-resistant design.

4. TROUBLESHOOTING

If you encounter issues with your OURA Ring 4, refer to the following common problems and solutions:

- **Ring Not Connecting to App:**

- Ensure Bluetooth is enabled on your smartphone.
- Check if the ring's battery is charged.
- Restart your smartphone and the OURA App.
- Try unpairing and re-pairing the ring in the app's settings.

- **Charging Issues (Charger shows white light then off):**

- Ensure the ring is correctly seated on the charger.
- Verify the USB-C cable and power source are functioning correctly.
- Clean the charging contacts on both the ring and the charger.
- If the issue persists, contact OURA support for assistance.

- **Inaccurate Activity Tracking (e.g., treadmill walking):**

- The ring's sensors rely on natural hand movements. Holding onto treadmill bars can reduce accuracy.
- For best results, allow your arms to swing naturally during activities.

- **Battery Draining Too Fast:**

- Ensure the ring's firmware and app are updated to the latest versions.
- Minimize continuous background syncing if not needed.
- If battery life significantly deviates from the advertised 8 days, contact OURA support.

5. SPECIFICATIONS

Feature	Detail
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Feature	Detail
Model Name	Oura Ring 4
Model Number	JZ90-54216-09
Operating System	Android, iOS
Special Features	Activity Tracker, Heart Rate Monitor, Oxymeter (SpO2), Sleep Monitor, Stress Tracking
Connectivity Technology	Bluetooth
Battery Cell Composition	Lithium Polymer
Band Material Type	Titanium
Case Material Type	Gold-plated Titanium or Gold Alloy
Water Resistance Level	Water Resistant (up to 100m)
Human Interface Input	No physical buttons (app-controlled)
Supported Application	Fitness Tracker (via OURA App)
Metrics Measured	Accelerometer, Optical Heart Rate Sensor, Other Biometric Sensors
Shape	Round
Colour	Gold (for this variant)
Battery Average Life	8 Days
Battery Charge Time	80 Minutes
Display Type	No Display
Item Weight	6.3 Ounces
Item Dimensions	23 x 23 x 7 Millimeters
Country of Origin	Estonia
Box Contents	Oura Ring 4, Oura Ring 4 Charger, USB-C Cable, Information Booklet, Quick Start Guide

6. WARRANTY INFORMATION

The OURA Ring 4 comes with a **2-year limited manufacturer warranty**. This warranty covers defects in materials and workmanship under normal use. For specific terms and conditions, please refer to the official OURA website or the warranty information booklet included with your product.

7. SUPPORT

For further assistance, technical support, or warranty claims, please contact OURA directly:

- **Manufacturer:** Oura Health OY
- **Address:** Elektriikkatie 10, Oulu, 90590 Finland
- **Website:** <https://ouraring.com>

You can also find additional resources and FAQs on the official OURA website.