



[Manuals.plus](#) /

- › [OURA](#) /
- › OURA Ring 4 Smart Ring Instruction Manual

OURA JZ90-54220-08

OURA Ring 4 Smart Ring Instruction Manual

Model: JZ90-54220-08

[Setup](#)[Operation](#)[Maintenance](#)[Troubleshooting](#)[Specifications](#)[Warranty](#)[Support](#)

INTRODUCTION

This manual provides essential instructions for setting up, operating, maintaining, and troubleshooting your OURA Ring 4 Smart Ring. Please read this guide thoroughly to ensure optimal performance and longevity of your device.



Image: The OURA Ring 4 in Brushed Silver, showcasing its sleek design.

SETUP GUIDE

1. Sizing Your OURA Ring 4

The OURA Ring 4 uses a unique sizing system that differs from standard ring sizes. It is crucial to determine your correct OURA Ring 4 size for accurate data tracking and comfort.

1. **Obtain an OURA Ring 4 Sizing Kit:** Before purchasing your OURA Ring 4, acquire a sizing kit. This kit contains various ring sizes to help you find the perfect fit.
2. **Wear the Sizing Ring:** Wear the appropriate sizing ring for at least 24 hours to ensure comfort and proper fit throughout the day and night, as finger size can fluctuate.
3. **Note Your Size:** Once you have identified your correct OURA Ring 4 size, proceed with your purchase.

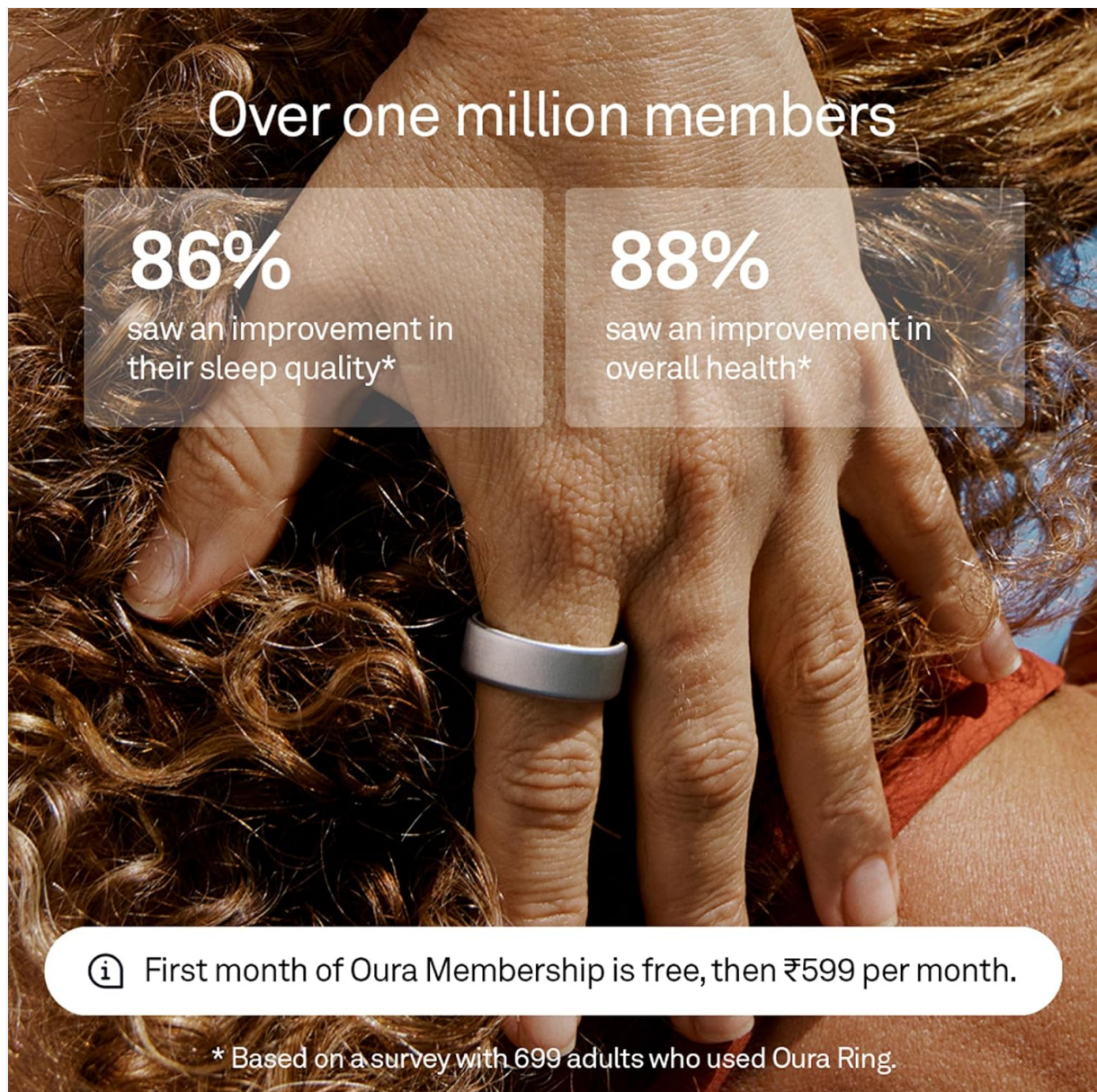
STEP

1

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

2. Initial Charging

Before first use, fully charge your OURA Ring 4. Connect the provided USB cable to the charger and a power source, then place your ring on the charger. The indicator light on the charger will confirm charging status.



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 USB cable.

3. App Download and Pairing

The OURA Ring 4 operates in conjunction with the OURA App. Download the official OURA App from your device's app store (iOS or Android).

- **Download the App:** Search for "OURA" in the Apple App Store or Google Play Store.
- **Create an Account:** Follow the on-screen instructions to create your OURA account.
- **Pair Your Ring:** Enable Bluetooth on your smartphone and follow the app's prompts to pair your OURA Ring 4.
- **Membership:** A membership is required to access all features. The first month is free for new members, followed by a monthly fee.

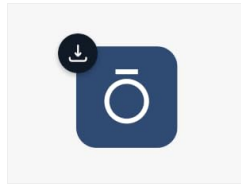


Image: The OURA App icon, available for download on iOS and Android platforms.

OPERATING YOUR OURA RING 4

Wearing the Ring

The OURA Ring 4 is designed for 24/7 wear. For optimal accuracy, wear the ring on your index finger with the sensors on the inside of your palm. The all-titanium design ensures comfort and durability.

Size Before You Buy

Oura Ring 4



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

Image: An OURA Ring 4 worn comfortably on the index finger.

Tracking Biometrics

The OURA Ring 4 continuously tracks over 30 biometrics using Smart Sensing technology. This includes:

- Sleep patterns and quality
- Activity levels and calorie burn
- Stress detection and recovery
- Heart rate and heart rate variability (HRV)
- Body temperature and women's health metrics

All data is accessible through the OURA App, providing insights into your daily readiness, sleep, and activity scores.

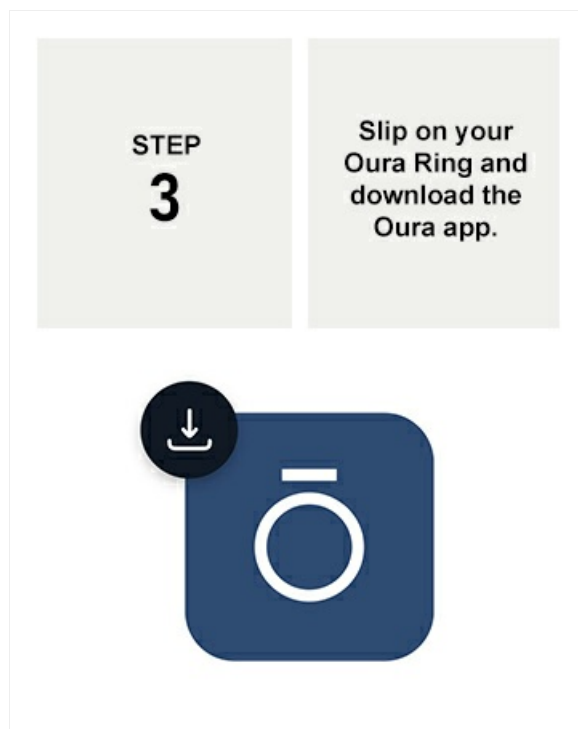


Image: The OURA App displaying a user's readiness score and other health metrics.

Battery Life

The OURA Ring 4 offers up to 8 days of battery life on a single charge. Actual battery life may vary based on usage and settings. Regular charging is recommended to ensure continuous data tracking.

MAINTENANCE

Cleaning Your Ring

To maintain hygiene and sensor accuracy, clean your OURA Ring 4 regularly. Use mild soap and water, then rinse thoroughly and dry with a soft cloth. Avoid harsh chemicals or abrasive materials that could damage the ring's finish or sensors.

Water Resistance

The OURA Ring 4 is water resistant up to 100 meters (IP68 rating). This means it is suitable for swimming, showering, and other water-based activities. However, prolonged exposure to saltwater or chlorinated

water should be followed by rinsing with fresh water.

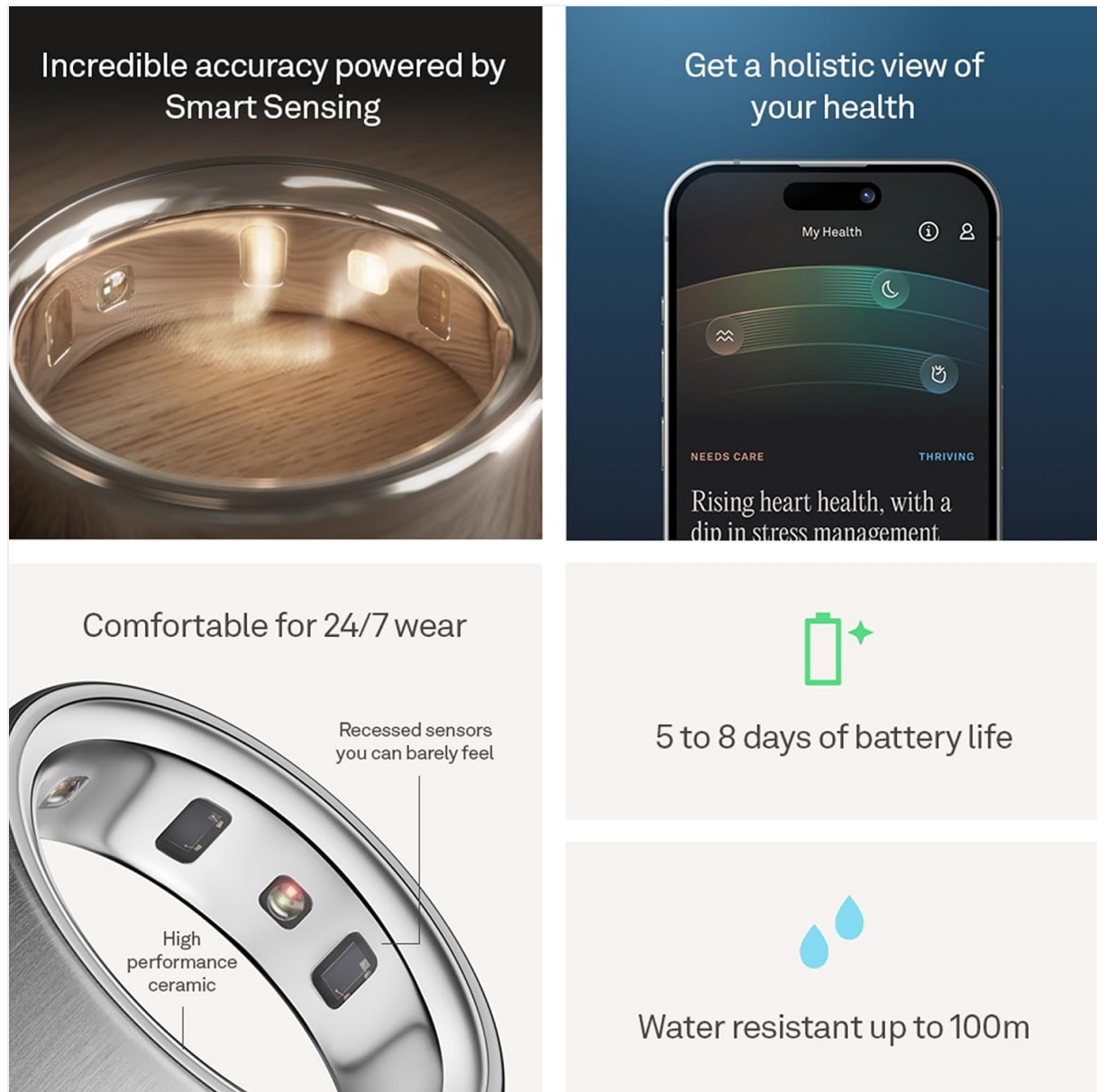


Image: An OURA Ring 4 being worn while submerged in water, demonstrating its water resistance.

TROUBLESHOOTING

Ring Not Connecting to App

- Ensure Bluetooth is enabled on your smartphone.
- Check if the OURA App is updated to the latest version.
- Restart your smartphone and the OURA Ring (by placing it on the charger for a few seconds).
- Verify that the ring is charged.

Charging Issues

- Confirm the USB cable and charger are properly connected to a power source.
- Ensure the ring is correctly seated on the charger.
- If the charger shows a white light and then turns off, try a different power adapter or USB port.
- Clean the charging contacts on both the ring and the charger.

Inaccurate Activity Tracking (e.g., Treadmill)

The OURA Ring 4 may have reduced accuracy for activities where your hands are stationary or gripping a bar (e.g., treadmill with hands on handles). For best results, allow your arms to move naturally during activity tracking.

Rapid Battery Drain

- Ensure the ring's firmware and app are up to date.
- Minimize frequent app syncing if not necessary.
- If the issue persists, contact OURA customer support for assistance.

SPECIFICATIONS

Model Name	JZ90-54220-08
Brand	OURA
Operating System Compatibility	iOS, Android
Special Features	Heart Rate Monitor, Activity Tracker, Water Resistance
Connectivity Technology	Bluetooth
Battery Type	Lithium Polymer
Average Battery Life	Up to 8 days
Band Material	Titanium
Case Material	Titanium
Water Resistance Level	Water Resistant (100 Metres, IP68)
Display Type	No Display
Item Dimensions (L x W x H)	23 x 23 x 8 Millimeters
Item Weight	0.19 Kilograms
Box Contents	OURA Ring 4, Charging Dock, USB Cable

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 detailed terms and conditions, please refer to the official OURA website or contact customer support.

CUSTOMER SUPPORT

For further assistance, technical support, or warranty claims, please contact OURA customer support through the following channels:

- **Via OURA App:** Access the support section within the OURA application for direct assistance.
- **Manufacturer Website:** Visit the official OURA website: <https://ouraring.com>
- **Manufacturer Contact:** Oura Health OY, Elektroniikkatie 10, Oulu, 90590 Finland
- **Importer Contact (India):** Rashi Peripherals Limited, A BLDG Survey 186 Dongripada, Poman Village, Vasai Bhiwandi Road, Palghar 401208, India.