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› [OURA](#) /

› Oura Ring 4 Sizing Kit Instruction Manual

OURA JZ98-54867

Oura Ring 4 Sizing Kit Instruction Manual

Model: JZ98-54867

INTRODUCTION

The Oura Ring 4 Sizing Kit is designed to help you find the most accurate and comfortable fit for your Oura Ring 4. Achieving a proper fit is crucial for ensuring the highest possible data accuracy, comfort, and overall experience with your Oura Ring. This kit is specifically for the Oura Ring 4 and is not compatible with Oura Ring Gen3 or earlier models.

The kit contains a series of plastic sizing rings, each marked with a unique Oura size. These sizes are specific to Oura Rings and do not correspond to standard US or international ring sizes.

SETUP

Unboxing the Sizing Kit

Upon receiving your Oura Ring 4 Sizing Kit, carefully open the packaging. You will find a tray containing multiple plastic rings, each labeled with a size number.



Image: The Oura Ring 4 Sizing Kit, displaying a range of plastic rings from size 4 to 15, arranged on a white tray.

Understanding Oura Sizes

Oura Ring sizes are unique. Do not compare them to your existing jewelry ring sizes. The goal is to find a size that feels secure but not too tight, allowing for slight movement without rotating freely.

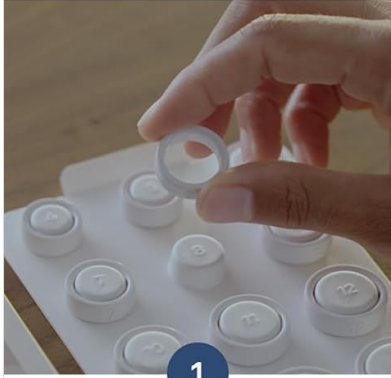
OPERATING (SIZING PROCESS)

Follow these steps to determine your optimal Oura Ring 4 size:

1. **Try on Multiple Sizes:** Begin by trying on several sizing rings from the kit. Focus on your index finger, as this is the recommended finger for best performance and accuracy of the Oura Ring. However, you may also try other fingers if preferred.
2. **Assess the Fit:** The sizing ring should fit snugly but comfortably. It should be easy to put on and take off, but not so loose that it spins freely on your finger. Ensure it can pass over your knuckle without excessive force.
3. **Wear for 24 Hours:** Once you find a size that feels promising, wear that specific sizing ring for at least 24 hours. This allows your finger to experience natural swelling and shrinking throughout the day and night, ensuring the chosen size remains comfortable and accurate in various conditions.
4. **Find Your Most Comfortable Fit:** After 24 hours, re-evaluate the fit. The ideal size will feel comfortable and

secure, allowing for consistent sensor contact without being restrictive.

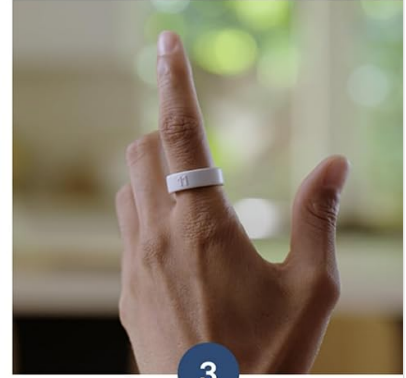
Oura Ring 4 Sizing Tips



Try on multiple sizes



Wear for 24 hours



Find your most comfortable fit



For best performance and accuracy, we recommend your index finger.

Image: A visual guide showing three steps for Oura Ring 4 sizing: trying different sizes, wearing a chosen size for 24 hours, and confirming the most comfortable fit.

Important Note: For best performance and accuracy, we recommend wearing your Oura Ring on your index finger.

Size Before You Buy



**Purchase
the Oura Ring 4
Sizing Kit**



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



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

Image: A close-up of a hand wearing an Oura sizing ring on the index finger, illustrating proper placement.

MAINTENANCE

Cleaning the Sizing Rings

The plastic sizing rings can be cleaned with a soft cloth and mild soap and water. Rinse thoroughly and air dry. Avoid harsh chemicals or abrasive materials that could damage the plastic.

Storage

Store the Oura Ring 4 Sizing Kit in its original packaging or a clean, dry place away from direct sunlight and extreme temperatures to prevent deformation or damage.

TROUBLESHOOTING

No Size Feels Right

- If you are between two sizes, consider which finger you intend to wear the Oura Ring on. Often, a slightly looser fit is preferred for comfort over extended periods, but ensure it's not so loose that it rotates freely.
- Try wearing the sizing rings on different fingers (index, middle, or ring finger) on both hands, as finger sizes can

vary.

- Ensure you are wearing the sizing ring for a full 24 hours to account for natural fluctuations in finger size.

Sizing Ring Feels Too Tight or Too Loose

- If it feels too tight, try the next size up.
- If it feels too loose, try the next size down.
- Remember, the ring should be snug enough to maintain consistent contact with your skin for accurate sensor readings, but not so tight that it causes discomfort or restricts circulation.

SPECIFICATIONS

Product Dimensions	14 x 14 x 2.5 cm
Item Weight	0.55 g
Item Model Number	JZ98-54867
What's in the Box	Oura Ring 4 Sizing Kit
Country of Origin	China

WARRANTY INFORMATION

The Oura Ring 4 Sizing Kit is covered by 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 contact Oura customer support.

SUPPORT

For further assistance, questions regarding the Oura Ring 4 Sizing Kit, or to inquire about your Oura Ring 4 purchase, please contact Oura customer support through their official channels.

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