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> Oura Ring 4 Smart Ring Instruction Manual

OURA JZ90-54144-13

Oura Ring 4 Smart Ring Instruction Manual

Model: JZ90-54144-13

INTRODUCTION

The Oura Ring 4 is an advanced smart ring designed to monitor various health metrics. This manual provides essential information for setting up, operating, and maintaining your Oura Ring 4 Metallic Black, Size 13.

The Oura Ring 4 features Smart Sensing technology, which continuously measures over 50 health metrics including sleep, activity, stress, heart health, metabolic health, and women's health. Its all-titanium design ensures comfort for 24/7 wear, and it boasts up to 8 days of battery life.

SETUP

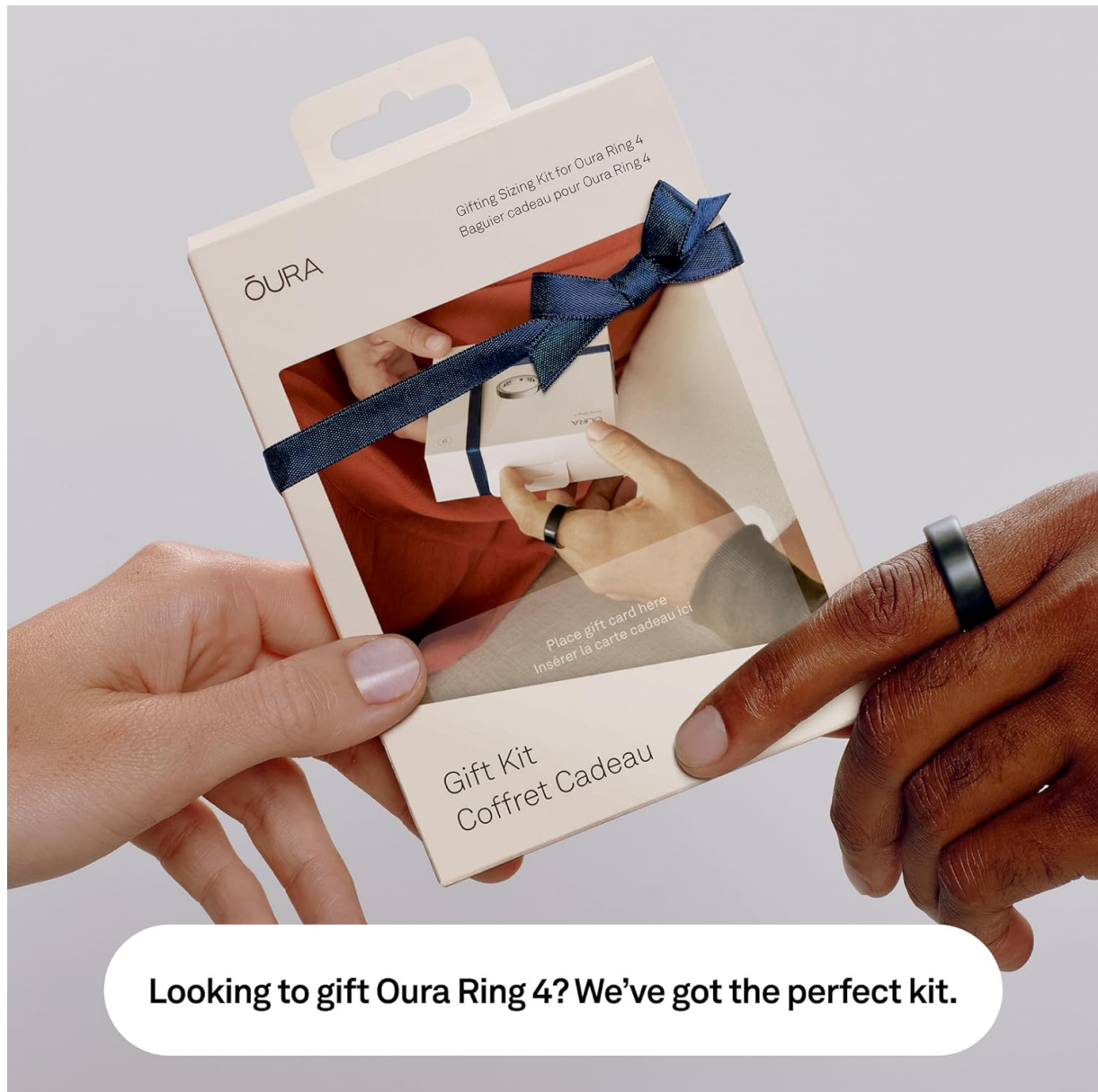
1. Sizing Kit (Essential)

The Oura Ring 4 uses a unique sizing system that differs from standard jewelry rings. It is crucial to use the Oura Ring 4 Sizing Kit to determine your correct size before purchasing the actual ring.



Image: The Oura Ring 4 Sizing Kit, showing multiple plastic ring sizers. This kit is essential for finding the correct ring size. To ensure the best fit and most accurate data, try on multiple sizes from the sizing kit and wear the chosen

sizer for at least 24 hours to confirm comfort and fit across different times of day.



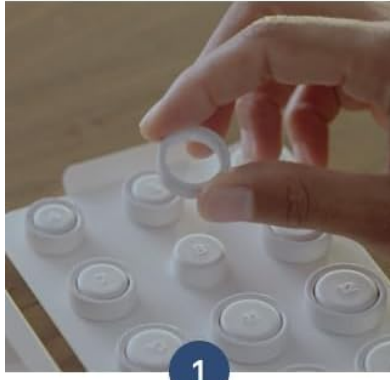
Looking to gift Oura Ring 4? We've got the perfect kit.

Image: A person's hand wearing a white Oura Ring sizer, demonstrating how to test the fit.

2. Initial Charging

Before first use, fully charge your Oura Ring 4. Place the ring on the provided charger, ensuring the sensors align correctly. The charger connects via a USB cable.

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: The Oura Ring 4 placed on its compact charging base, connected via a USB cable.

3. App Download and Pairing

Download the Oura App from your device's app store (compatible with iOS and Android). Follow the in-app instructions to pair your Oura Ring 4 with your smartphone.

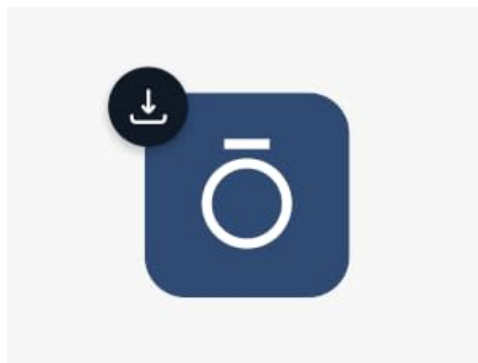


Image: The Oura App icon displayed on a smartphone screen, indicating where to download the application.

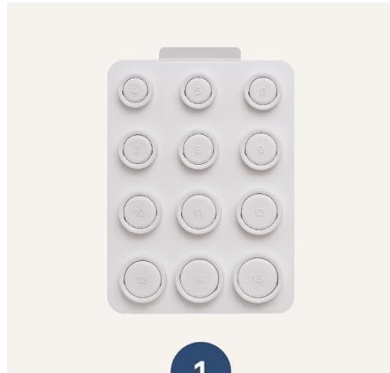
OPERATING THE OURA RING 4

Wearing the Ring

Wear the Oura Ring 4 on your finger, ideally your index finger, for optimal performance and accuracy. The ring is designed for comfortable 24/7 wear, with recessed sensors that are barely noticeable.

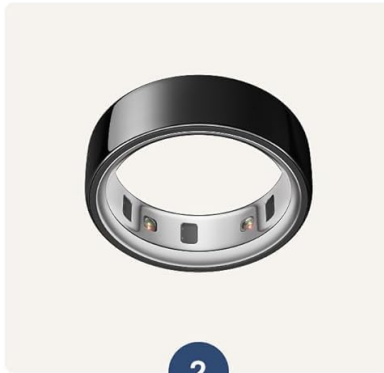
Size Before You Buy

Oura Ring 4



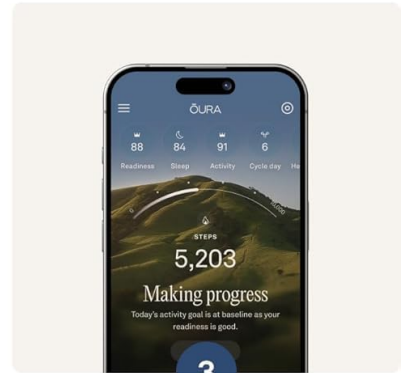
1

**Purchase
the Oura Ring 4
Sizing Kit**



2

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



3

**Slip on your
Oura Ring 4 and
download the Oura App**



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

Image: A close-up view of the Oura Ring 4's interior, showing the recessed sensors designed for comfort and accurate biometric tracking.

Key Features and Metrics

The Oura Ring 4 continuously tracks a wide range of health metrics:

- **Sleep Tracking:** Monitors sleep duration, stages (REM, deep, light), efficiency, and readiness.
- **Activity Tracking:** Records daily movement, calories burned, and provides insights into activity levels.
- **Stress Monitoring:** Analyzes physiological responses to stress throughout the day.
- **Heart Health:** Measures resting heart rate and heart rate variability (HRV).
- **Metabolic Health:** Provides insights related to metabolic responses.
- **Women's Health:** Offers cycle tracking and related insights.

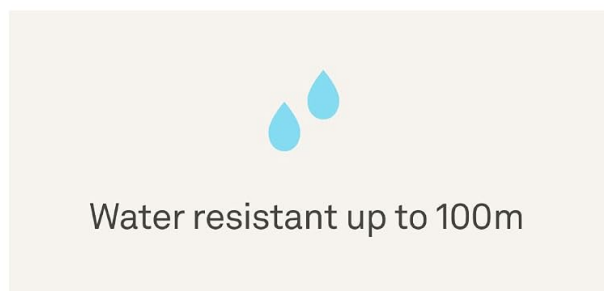
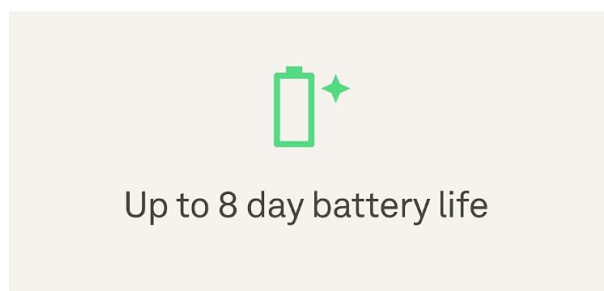
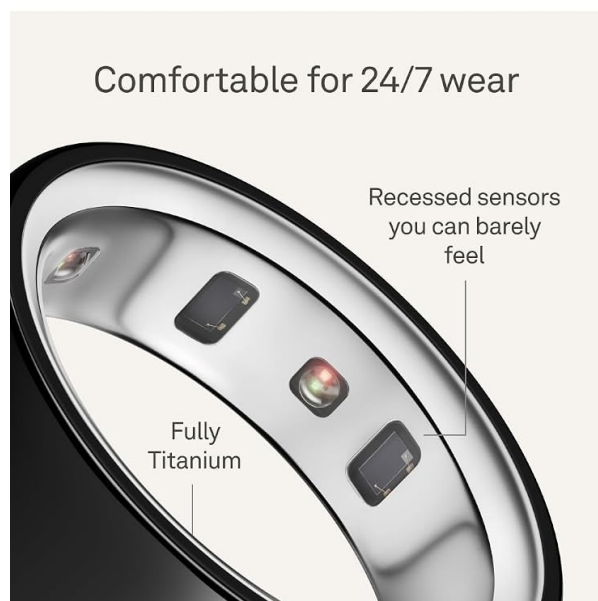
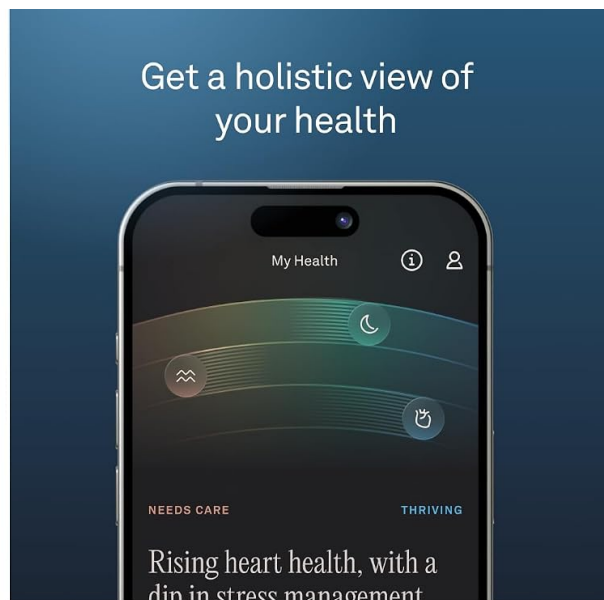
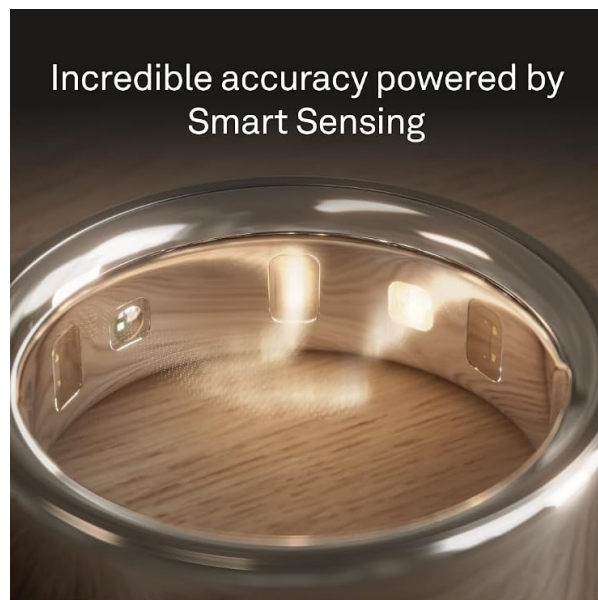


Image: A smartphone screen displaying the Oura App interface, showcasing various health metrics like Readiness, Sleep, Activity, and Cycle Day.

Battery Life

The Oura Ring 4 offers up to 8 days of battery life, depending on usage. An average battery life is approximately 5 days. Charging takes about 80 minutes for a full charge.

Water Resistance

The Oura Ring 4 is water resistant up to 100 meters, making it suitable for swimming and showering. However, prolonged exposure to hot water or chemicals should be avoided to preserve the ring's integrity.



Image: A hand wearing the Oura Ring 4 submerged in clear water, illustrating its water resistance.

MAINTENANCE

Cleaning

Clean your Oura Ring 4 regularly with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, as these can damage the ring's finish and sensors.

Charging

Charge the ring using the provided charger and USB cable. Ensure the charging contacts on the ring and charger are clean and dry before charging.

Software Updates

Keep your Oura App updated to the latest version to ensure optimal performance and access to new features. The app will notify you of any available firmware updates for your ring.

TROUBLESHOOTING

Connectivity Issues

If your Oura Ring 4 is not connecting to the app:

- Ensure Bluetooth is enabled on your smartphone.
- Check if the ring is charged.
- Restart your smartphone and the Oura App.
- If issues persist, try unpairing and re-pairing the ring in the app settings.

Inaccurate Readings

If you suspect inaccurate data:

- Verify that the ring is worn on the correct finger (ideally index finger) and fits snugly but comfortably.
- Ensure the sensors on the inside of the ring are clean.
- Allow a few days for the ring to calibrate to your body's unique biometrics.

Battery Not Holding Charge

If the battery life is significantly shorter than expected:

- Ensure the charger and ring contacts are clean and free of debris.
- Try a different USB power source or cable if available.
- Contact Oura support if the problem persists after trying these steps.

SPECIFICATIONS

Feature	Detail
Brand	OURA
Model Name	JZ90-54144-13
Operating System	Android, iOS Compatible
Connectivity Technology	Bluetooth
Battery Life (Average)	5 days (up to 8 days)
Battery Charge Time	80 minutes
Water Resistance	100 Meters
Material	Titanium
Metrics Measured	Body Temperature, Menstrual Cycle, Sleep Duration, Stress, Heart Rate, HRV
Item Weight	0.19 Kilograms
Item Dimensions (D x W x H)	0.28"D x 0.91"W x 0.28"H

WHAT'S IN THE BOX

The Oura Ring 4 package includes:

- Oura Ring 4 (Metallic Black, Size 13)
- Oura Ring 4 Charger
- USB Cable
- Information Booklet
- Quick Start Guide

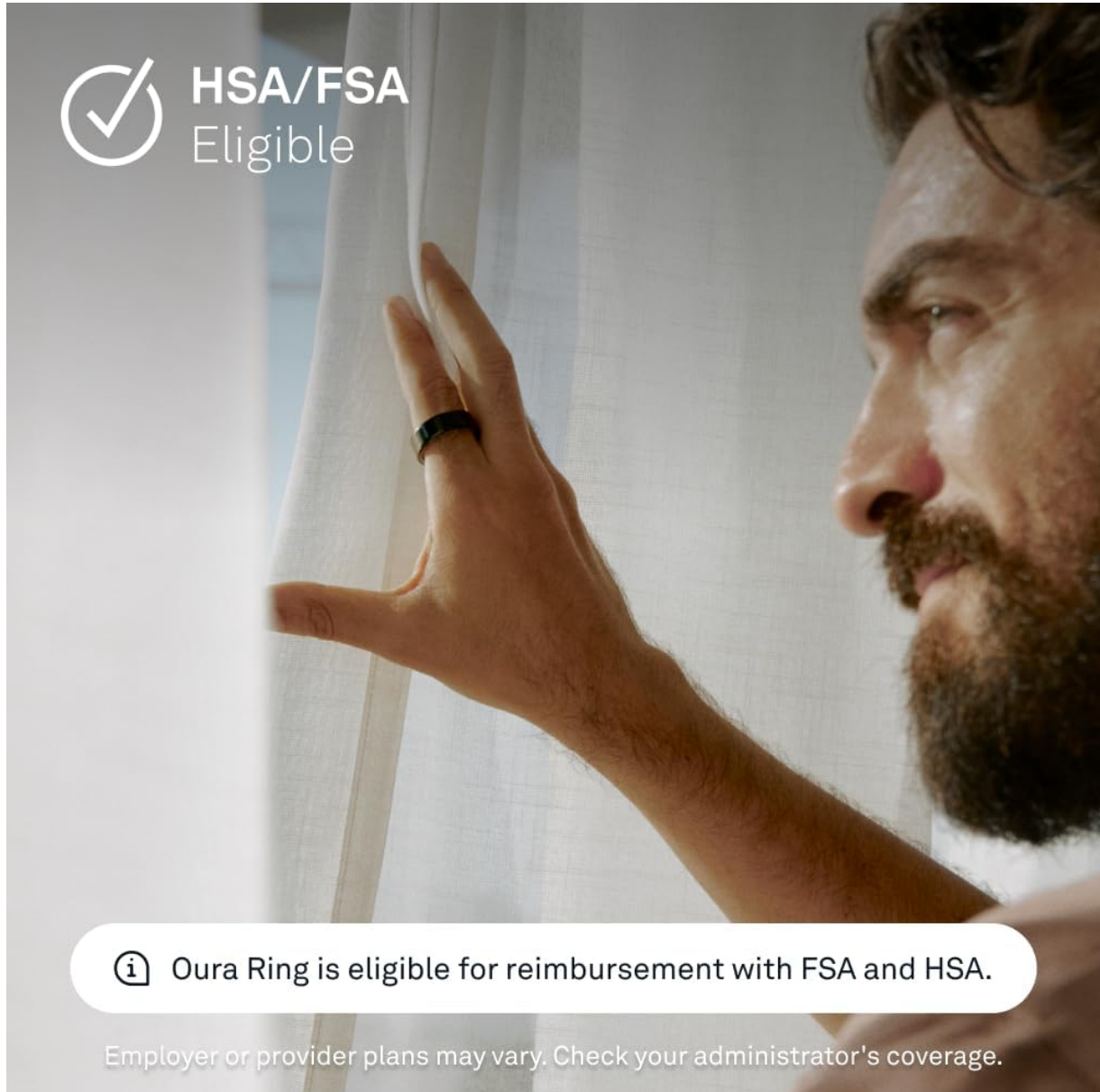


Image: The Oura Ring 4, its charger, and a USB cable, representing the items included in the product packaging.

WARRANTY AND SUPPORT

Warranty Information

The Oura Ring 4 comes with a 1-Year Manufacturer's Warranty. For detailed terms and conditions, please refer to the information booklet included in your package or visit the official Oura website.

Customer Support

For further assistance, troubleshooting, or warranty claims, please refer to the official Oura support channels. You can find more information and contact details on the [OURA Store on Amazon](#) or the Oura official website.

An official Instructions for Use (IFU) document is available in PDF format:[Instructions for Use \(PDF\)](#).