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› Oura Ring 4 User Manual

OURA JZ90-54217-10

Oura Ring 4 User Manual

Model: JZ90-54217-10 | Brand: OURA

1. INTRODUCTION

The Oura Ring 4 is an advanced smart ring designed to monitor various health biometrics, including sleep, readiness, activity, heart health, stress, metabolic health, and women's health. Its all-titanium design and Smart Sensing technology provide continuous and accurate data for comprehensive health insights. This manual provides essential information for setting up, operating, and maintaining your Oura Ring 4.

2. WHAT'S IN THE BOX

Upon unboxing your Oura Ring 4, please verify that all the following components are included:

- Oura Ring 4
- Oura Ring 4 Charger
- USB Cable
- Information Booklet
- Quick Start Guide



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

Image: Oura Ring 4, charger, and USB cable as packaged in the box.

3. SIZING AND FIT

The Oura Ring 4 uses unique sizing that differs from standard US ring sizes. To ensure optimal performance and comfort, it is crucial to determine your correct Oura Ring size using an official Oura Ring 4 Sizing Kit before purchasing the ring. A proper fit is essential for accurate data collection.

Size Before You Buy
Oura Ring 4



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

Image: A single Oura Ring 4 sizing ring, highlighting the need for proper sizing.

Sizing Process:

1. **Obtain a Sizing Kit:** Purchase an Oura Ring 4 Sizing Kit. This kit contains plastic replica rings in all available

Oura sizes.

2. **Try Multiple Sizes:** Wear the plastic sizing rings to find the most comfortable fit. It is recommended to wear the sizing ring for at least 24 hours to observe how your finger size fluctuates throughout the day and night, and with different activities.
3. **Optimal Finger Placement:** For best performance and accuracy, Oura recommends wearing the ring on your index finger. Ensure the sensors on the inside of the ring make consistent contact with your skin.



Image: Visual guide for Oura Ring 4 sizing, showing steps to try on rings, wear for 24 hours, and find the best fit. A credit for the sizing kit purchase may be applied towards your Oura Ring 4 purchase at checkout.

4. SETUP GUIDE

Follow these steps to set up your Oura Ring 4:

1. **Charge Your Ring:** Place your Oura Ring 4 on the included charger. Connect the USB cable to the charger and a power source. The indicator light on the charger will confirm it is charging. A full charge provides up to 8 days of battery life.
2. **Download the Oura App:** Download the official Oura App from the Apple App Store (for iOS devices) or Google Play Store (for Android devices).
3. **Create an Account:** Open the Oura App and follow the on-screen instructions to create a new Oura account or log in with an existing one.
4. **Pair Your Ring:** Ensure Bluetooth is enabled on your smartphone. The app will guide you through the process of pairing your Oura Ring 4. Hold the ring close to your device during pairing.
5. **Membership Activation:** New Oura members typically receive the first month of membership free. A subscription is required to access all features and insights provided by the Oura App.

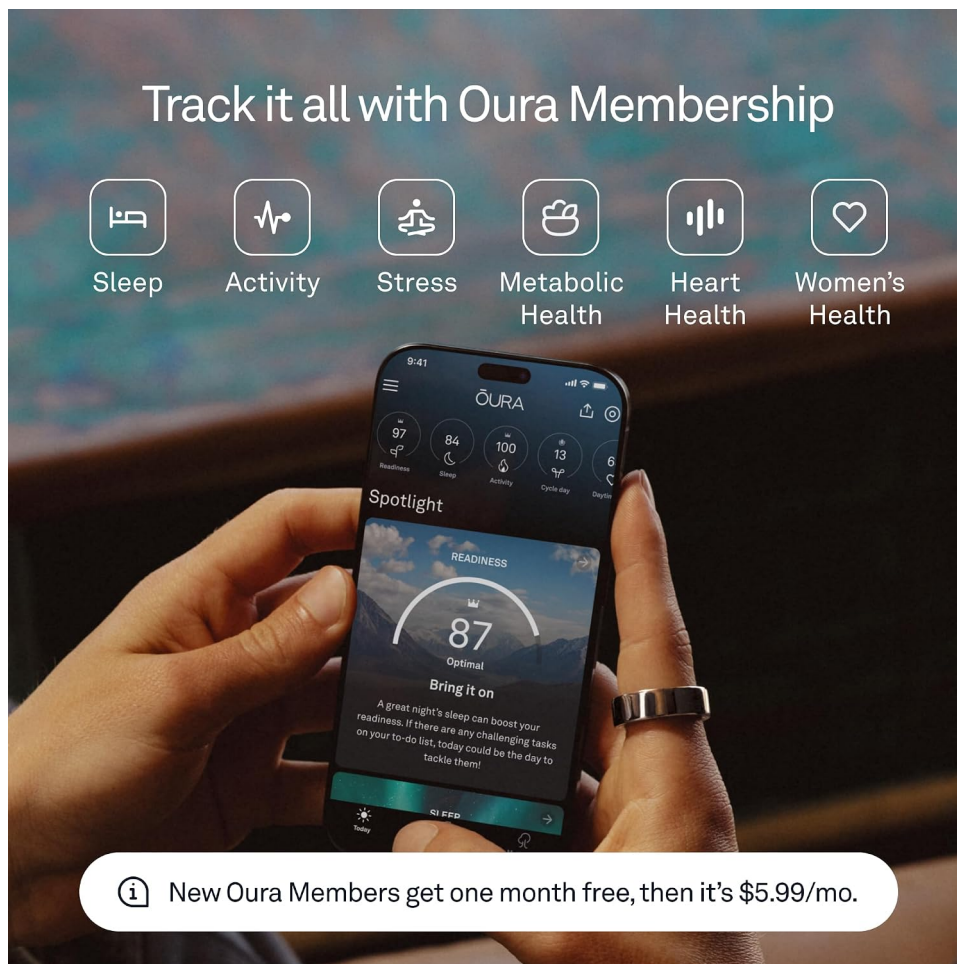


Image: The Oura App displaying health data, with the Oura Ring 4 visible on a hand.

5. OPERATING YOUR OURA RING 4

The Oura Ring 4 continuously collects data throughout the day and night. All insights and detailed information are accessible through the Oura App.

Key Features and Metrics:

- **Sleep Tracking:** Monitors sleep stages (REM, Light, Deep), sleep latency, and disturbances to provide a comprehensive sleep score and recommendations for improvement.
- **Readiness Score:** A daily score reflecting your body's recovery and readiness for the day's challenges, based on sleep, activity, and physiological signals.
- **Activity Tracking:** Tracks steps, calories burned, and provides insights into your daily movement and activity levels.
- **Heart Health:** Monitors heart rate, heart rate variability (HRV), and provides insights into cardiovascular health.
- **Stress Monitoring:** Analyzes physiological responses to identify periods of stress and offers guidance for managing it.
- **Metabolic Health:** Provides insights related to your body's metabolic responses.
- **Women's Health:** Tracks body temperature trends, which can be used for cycle prediction and monitoring.

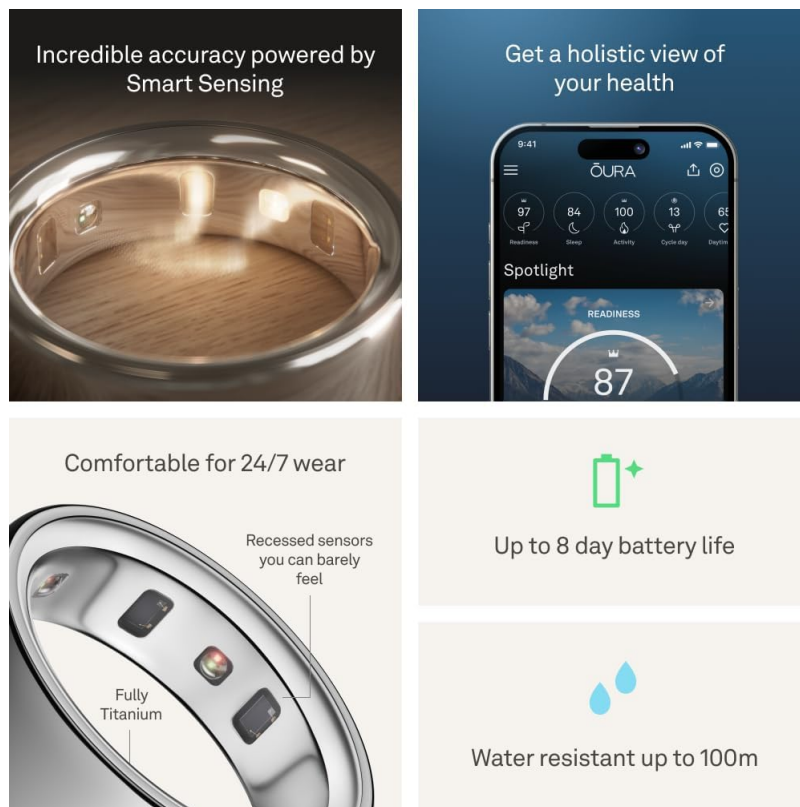


Image: Internal view of the Oura Ring 4, showing the advanced sensors for data collection.

The Oura App provides personalized insights, trends, and actionable advice based on your data. It also integrates with over 40 other health and fitness applications, including Apple Health, Google Health Connect, Natural Cycles, Flo, and Strava.

6. MAINTENANCE AND CARE

Charging:

Charge your Oura Ring 4 using the provided charger and USB cable. The ring offers up to 8 days of battery life on a single charge. Regular charging ensures continuous data collection.

Cleaning:

To clean your Oura Ring 4, wipe it gently with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, as these can damage the ring's finish or sensors.

Water Resistance:

The Oura Ring 4 is water resistant up to 100 meters, making it suitable for daily wear, including showering, swimming, and other water-related activities. However, prolonged exposure to hot water or chemicals (like those found in hot tubs or chlorinated pools) should be minimized to preserve the ring's integrity.



Image: The Oura Ring 4 in silver, highlighting its design.

7. TROUBLESHOOTING

If you encounter issues with your Oura Ring 4, consider the following common solutions:

- **No Data or Inaccurate Readings:**

- Ensure the ring is worn on the recommended finger (index finger) and fits snugly but comfortably.
- Verify that the sensors on the inside of the ring are clean and making good contact with your skin.
- Check the Oura App to ensure the ring is connected via Bluetooth and has sufficient battery.

- **Connectivity Issues:**

- Make sure Bluetooth is enabled on your smartphone.
- Restart your smartphone and the Oura App.
- If issues persist, try unpairing and re-pairing the ring through the Oura App settings.

- **Battery Draining Quickly:**

- Ensure the ring is fully charged.
- Minimize frequent app syncing if not necessary, though continuous background syncing is normal.
- If battery life significantly deviates from the stated 8 days, contact Oura support.

- **App Not Syncing:**

- Confirm your phone has an active internet connection.
- Close and reopen the Oura App.
- Check for app updates in your device's app store.

For more detailed troubleshooting or persistent issues, refer to the Oura support website or contact Oura customer service directly.

8. PRODUCT SPECIFICATIONS

Feature	Detail
Model Number	JZ90-54217-10
Dimensions	1.06 x 1.06 x 0.28 inches
Item Weight	6.3 ounces
Battery	1 Lithium Polymer battery (included)
Battery Life	Up to 8 days
Connectivity	Bluetooth
GPS	No GPS
Water Resistance	Up to 100 meters
Material	All-titanium exterior
Color	Silver
Manufacturer	Oura
First Available	October 3, 2024

9. WARRANTY AND SUPPORT

For information regarding product warranty, returns, or technical support, please refer to the official Oura website or contact Oura customer service. Keep your proof of purchase for any warranty claims.

The Oura Ring 4 is FSA/HSA Eligible. Please check with your administrator's coverage for details on using FSA or HSA funds for the Oura Ring 4, additional chargers, and shipping.