

OURA JZ90-54218-12

Oura Ring 4 Stealth Size 12 User Manual

Brand: OURA | Model: JZ90-54218-12

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1. INTRODUCTION

The Oura Ring 4 is an advanced smart ring designed to monitor various health metrics, including sleep, activity, heart health, stress, metabolic health, and women's health. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your Oura Ring 4.

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Video: A 6-second 360-degree view of the Oura Ring 4 in Stealth color, showcasing its design and metallic finish.

2. SETUP GUIDE

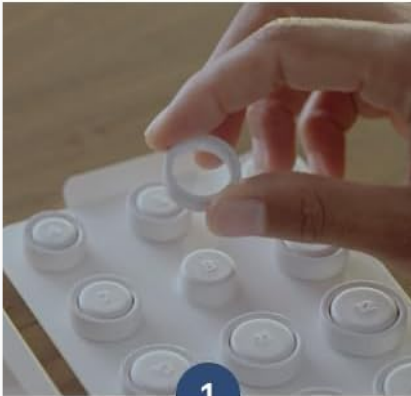
Proper sizing is crucial for accurate data collection. The Oura Ring 4 uses a unique sizing system that differs from standard jewelry rings. Follow these steps to ensure correct setup:

- 1. Obtain an Oura Ring 4 Sizing Kit:** Before purchasing your Oura Ring 4, acquire a sizing kit. This kit contains plastic replica rings in all available sizes.
- 2. Determine Your Size:** Try on the replica rings from the sizing kit. Wear the most comfortable size for at least 24 hours to ensure it fits well throughout the day and night, as finger size can fluctuate. Oura recommends wearing the ring on your index finger for optimal performance and accuracy.
- 3. Purchase Your Oura Ring 4:** Once your size is confirmed, proceed with purchasing your Oura Ring 4.
- 4. Download the Oura App:** Download the official Oura App from your device's app store (Android or iOS). The app is essential for pairing your ring, viewing your health data, and managing settings.



Image: The Oura Ring 4 Sizing Kit, illustrating the process of trying on different sizes to find the best fit.

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 contents of the Oura Ring 4 package, including the ring, charger, and USB cable.

3. OPERATING YOUR OURA RING 4

The Oura Ring 4 continuously monitors your health data throughout the day and night. Ensure the ring is worn comfortably on your finger, preferably the index finger, for optimal sensor contact.

Key Features and Metrics:

- **Sleep Tracking:** Monitors sleep stages (REM, deep, light), duration, efficiency, and disturbances to provide a comprehensive sleep score.
- **Activity Tracking:** Records daily movement, steps, calories burned, and provides insights into your activity levels and recovery needs.
- **Heart Health:** Measures resting heart rate and heart rate variability (HRV) to assess your body's recovery and stress levels.
- **Stress Management:** Identifies periods of stress and relaxation, offering guidance to improve your mental well-being.
- **Metabolic Health:** Provides insights related to your body's metabolic responses.
- **Women's Health:** Offers cycle tracking and insights based on body temperature fluctuations.

Battery Life and Water Resistance:

The Oura Ring 4 offers 5 to 8 days of battery life on a single charge. It is water-resistant up to 100 meters, making it suitable for swimming and showering, but not for diving.

Multi-Ring Support:

If you own multiple Oura Ring 4 styles, you can switch between them easily within the Oura App. The app will automatically recognize the ring you are wearing.

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 composite image showing the Oura Ring 4's internal sensors, the Oura app interface displaying health data, and icons for battery life and water resistance.

Track it all with Oura Membership



Sleep



Activity



Metabolic
Health



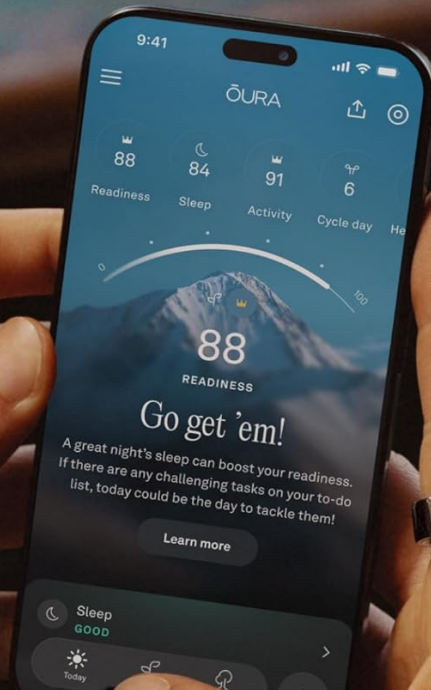
Stress



Heart
Health

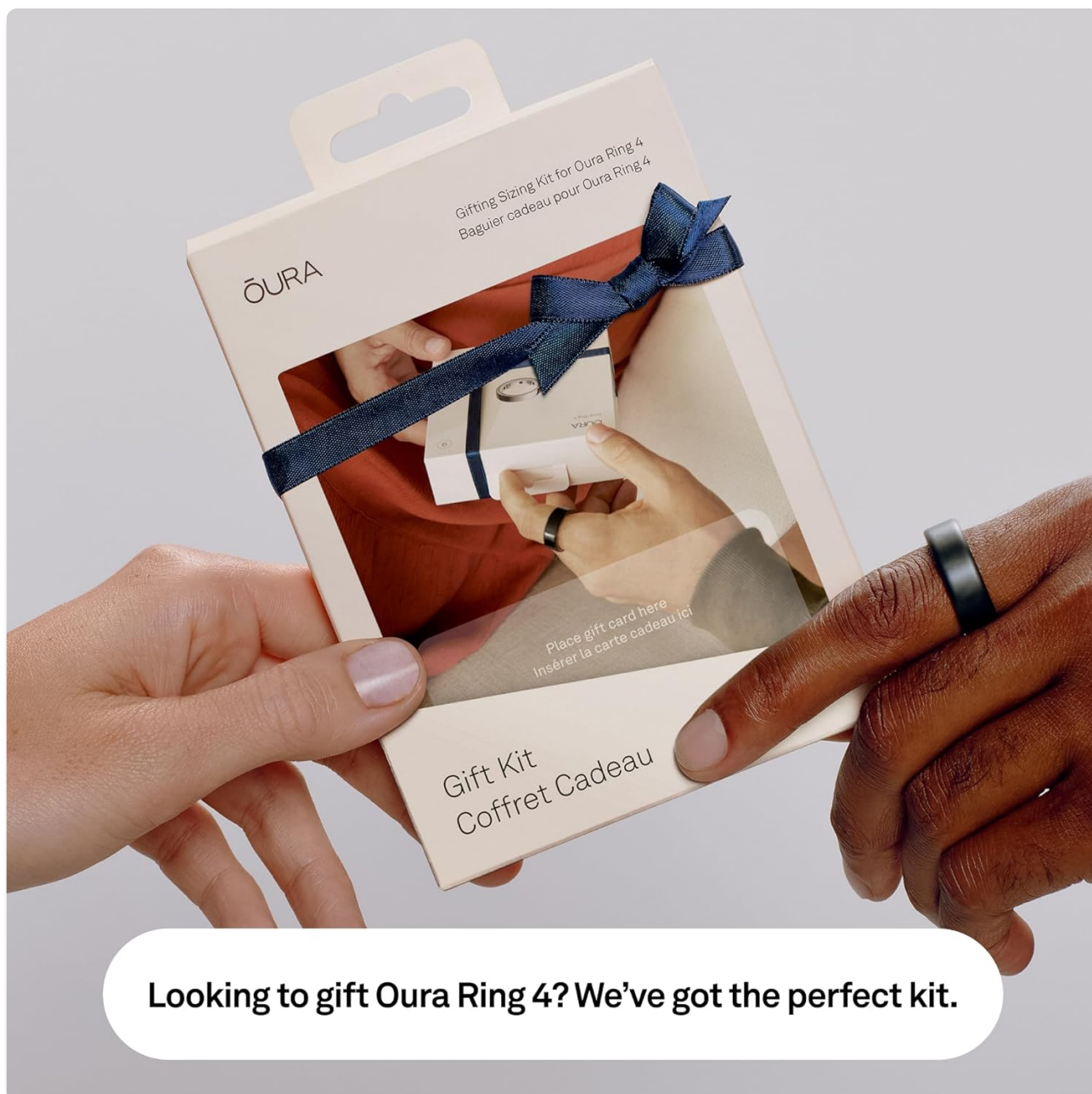


Women's
Health



New Oura Members get one month free, then it's \$5.99/mo.

Image: A hand wearing the Oura Ring 4 submerged in water, emphasizing its all-titanium exterior, water resistance, and internal sensors for temperature, heart rate, and SpO2.



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

Image: The Oura App interface, illustrating the range of health metrics tracked, including Sleep, Activity, Metabolic Health, Stress, Heart Health, and Women's Health.

4. MAINTENANCE

Charging:

To charge your Oura Ring 4, place it on the provided charging dock. Connect the USB cable to the charger and a power source. The ring typically charges fully in approximately 80 minutes. A full charge provides up to 8 days of battery life.

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Video: A 5-second demonstration of placing the Oura Ring 4 onto its charging dock, showing the charging indicator light.

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.

5. TROUBLESHOOTING

If you encounter issues with your Oura Ring 4, consider the following general troubleshooting steps:

- **Check App Connection:** Ensure your Oura Ring is connected via Bluetooth to your smartphone and the Oura App is open and updated to the latest version.
- **Verify Fit:** Confirm the ring is worn correctly and comfortably on your finger, with the sensors making good contact with your skin. An improper fit can affect data accuracy.
- **Charge the Ring:** Ensure the ring has sufficient battery charge. Low battery can lead to connectivity issues or inaccurate readings.
- **Restart Device:** Try restarting your smartphone and the Oura App.
- **Factory Reset (Advanced):** As a last resort, you may perform a factory reset through the Oura App. Refer to the in-app help or Oura's official support resources for detailed instructions on this process.

For persistent issues, consult the official Oura support website or contact customer service.

6. SPECIFICATIONS

Feature	Detail
Model Name	Oura Ring 4 - Stealth - Size 12
Model Number	JZ90-54218-12
Brand	OURA
Operating System Compatibility	Android, iOS
Connectivity Technology	Bluetooth
Battery Life	Up to 8 days (typically 5 days average)
Battery Charge Time	Approximately 80 minutes
Water Resistance Level	Water Resistant (up to 100 Meters)
Material	Titanium
Metrics Measured	Body Temperature, Menstrual Cycle, Sleep Duration, Stress, Heart Rate, HRV
Item Weight	0.18 Kilograms
Item Dimensions	1.02 x 1.02 x 0.31 inches
Included Components	Oura Ring 4, Oura Ring 4 Charger, USB Cable, Information Booklet, Quick Start Guide

7. WARRANTY INFORMATION

The Oura Ring 4 comes with a **1-Year Manufacturer Warranty**. This warranty covers defects in materials and workmanship under normal use. For specific terms and conditions, please refer to the warranty information included in your product packaging or visit the official Oura website.

8. CUSTOMER SUPPORT

For further assistance, detailed FAQs, or to contact customer support, please visit the official Oura website: ouraring.com/support.

Note that full functionality of the Oura Ring 4 requires an Oura Membership. The first month of membership is included with purchase for new members, with a monthly subscription fee thereafter.