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› Oura Ring 4 Brushed Silver - Instruction Manual

OURA JZ90-54220-11

Oura Ring 4 Brushed Silver - Instruction Manual

Model: JZ90-54220-11 | Brand: OURA

INTRODUCTION TO OURA RING 4

The Oura Ring 4 is an advanced smart ring designed to monitor various health metrics. It features an all-titanium design and utilizes Smart Sensing technology to provide insights into over 50 health metrics, including sleep, readiness, activity, heart health, stress, metabolic health, and women's health. This manual provides essential information for setting up, operating, and maintaining your Oura Ring 4.



Image: Oura Ring 4 in Brushed Silver finish.

SETUP GUIDE

Before using your Oura Ring 4, it is crucial to ensure proper sizing and initial setup.

1. Sizing Your Oura Ring 4

The Oura Ring 4 uses a unique sizing system that differs from standard jewelry rings. It is highly recommended to use an Oura Ring 4 Sizing Kit to determine your correct size for optimal performance and comfort.



Image: Oura Ring 4 Sizing Kit with various ring sizes.

1. **Obtain a Sizing Kit:** Purchase an Oura Ring 4 Sizing Kit.
2. **Try Multiple Sizes:** Experiment with different sizes from the kit.
3. **Wear for 24 Hours:** Wear the most comfortable size for at least 24 hours to ensure it fits well throughout the day, accounting for natural finger swelling.
4. **Optimal Finger:** For best performance and accuracy, wearing the Oura Ring on your index finger is recommended.

2. Initial Device Pairing and App Download

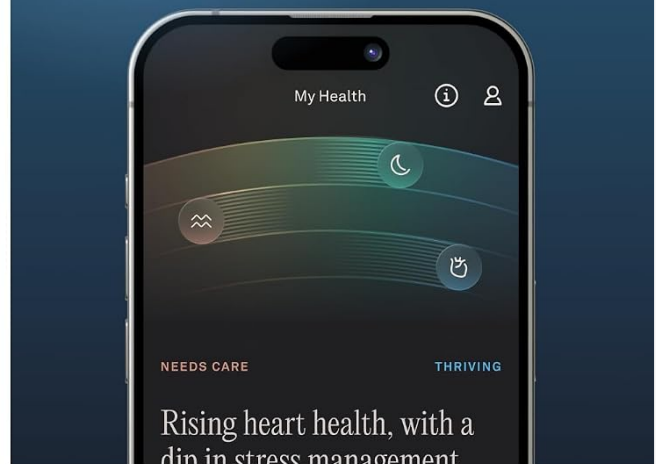
Once you have your Oura Ring 4, download the Oura App to pair your device and begin tracking.

- **Download the Oura App:** The Oura App is compatible with both iOS and Android devices. Search for "Oura" in your device's app store.
- **Create an Account:** Follow the in-app instructions to create your Oura account.
- **Pair Your Ring:** Ensure your Oura Ring is charged and follow the app's prompts to pair it with your smartphone via Bluetooth.

Incredible accuracy powered by
Smart Sensing



Get a holistic view of
your health



Comfortable for 24/7 wear



Up to 8 day battery life



Water resistant up to 100m

Image: Screenshot of the Oura App displaying health metrics.

OPERATING YOUR OURA RING 4

The Oura Ring 4 operates continuously to collect your health data. It is designed for 24/7 wear.

Data Collection and Smart Sensing

The ring's internal sensors continuously measure biometrics. The Smart Sensing platform adapts to your body, providing personalized insights.

- **Sleep Tracking:** Monitors sleep stages, duration, and quality.
- **Activity Tracking:** Records daily movement, steps, and workout data.
- **Readiness Score:** Provides a daily score based on your sleep, activity, and recovery.
- **Heart Health:** Tracks heart rate, heart rate variability (HRV), and resting heart rate.
- **Stress Monitoring:** Identifies periods of stress and recovery.
- **Metabolic Health:** Offers insights related to your metabolic responses.
- **Women's Health:** Includes cycle tracking features.

Track it all with Oura Membership



Sleep



Activity



Metabolic
Health



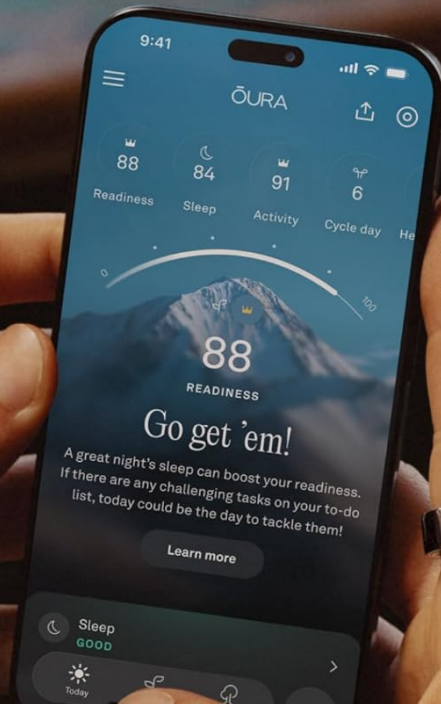
Stress



Heart
Health



Women's
Health



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

Image: Close-up view of the Oura Ring 4 showing its recessed internal sensors.

Viewing Your Data

All collected data and personalized insights are accessible through the Oura App on your smartphone.

- **Daily Scores:** Check your Readiness, Sleep, and Activity scores daily.
- **Detailed Graphs:** Explore detailed graphs and trends for various metrics over time.
- **Personalized Guidance:** Receive recommendations and insights to optimize your health.

Your browser does not support the video tag.

Video: This video demonstrates the various health tracking capabilities and features of the Oura Ring, showcasing how it can provide insights into your well-being.

MAINTENANCE

Charging Your Oura Ring 4

The Oura Ring 4 offers 5 to 8 days of battery life. To charge, place the ring on its dedicated charger.

- **Charging Time:** A full charge typically takes approximately 80 minutes.
- **Charger Connection:** Connect the USB cable to the charger and a power source.

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Video: This video demonstrates how to use the Oura Ring 4 charger, including connecting the USB cable and placing the ring for charging.

Cleaning

To maintain hygiene and sensor accuracy, clean your Oura Ring regularly.

- Wipe the ring with a soft, damp cloth.
- Avoid harsh chemicals or abrasive materials.

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 (like those in hot tubs or saunas) should be limited to preserve the ring's integrity.



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

TROUBLESHOOTING

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

- **Connectivity Issues:**

- Ensure Bluetooth is enabled on your smartphone.
- Verify the Oura App is open and running in the background.
- Restart your smartphone and the Oura Ring (by placing it on the charger for a few seconds, then removing it).

- **Inaccurate Data:**

- Confirm your ring size is correct. A loose or too-tight ring can affect sensor readings.
- Ensure the sensors on the inside of the ring are clean and making good contact with your skin.
- Wear the ring on your index finger for optimal accuracy.

- **Battery Not Charging:**
 - Check that the USB cable is securely connected to both the charger and the power source.
 - Ensure the ring is correctly seated on the charger.
 - Try a different USB port or power adapter.
- **App Not Syncing:**
 - Check your internet connection.
 - Force close and reopen the Oura App.
 - Ensure your ring has sufficient battery.

For persistent issues, refer to the official Oura support resources or contact customer service.

SPECIFICATIONS

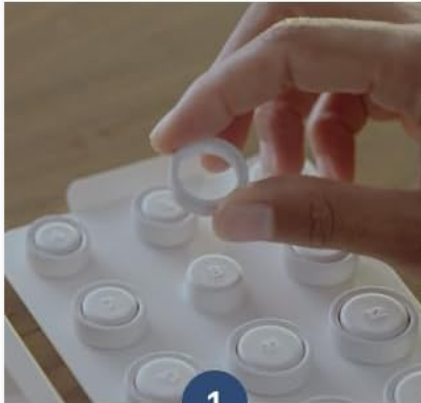
Feature	Detail
Model Name	JZ90-54220-11
Brand	OURA
Operating System	iOS, Android
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium Polymer
Battery Average Life	5-8 days
Battery Charge Time	80 minutes
Case Material Type	Titanium
Water Resistance Level	Water Resistant (up to 100 Meters)
Metrics Measured	Body Temperature, Menstrual Cycle, Sleep Duration, Stress, Heart Rate, HRV, Activity
Item Weight	0.18 Kilograms
Item Dimensions	0.98 x 0.98 x 0.31 inches

WHAT'S IN THE BOX

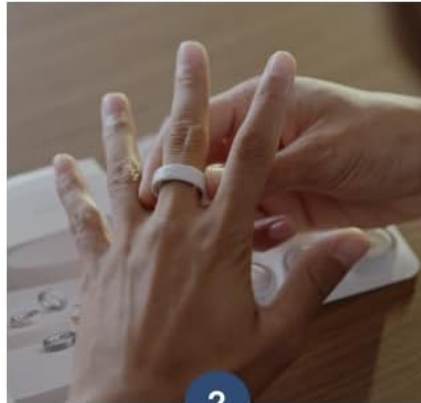
Your Oura Ring 4 package includes:

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

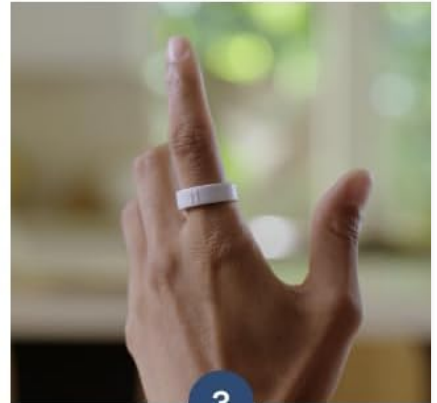
Oura Ring 4 Sizing Tips



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, its charger, and a USB cable, representing the package contents.

WARRANTY INFORMATION

The Oura Ring 4 comes with a **1 Year Manufacturer Warranty**. Please retain your proof of purchase for warranty claims. For detailed terms and conditions, refer to the official Oura website or the included information booklet.

SUPPORT AND MEMBERSHIP

For further assistance, product updates, and to access all features, download the Oura App.

- **Oura App:** Available on [Apple App Store](#) and [Google Play Store](#).
- **Membership:** The first month of Oura Membership is included for new members. A subscription fee of \$5.99/month applies thereafter. Membership is linked to your Oura account via the app, not the physical ring.
- **HSA/FSA Eligibility:** The Oura Ring and additional chargers may be eligible for reimbursement with HSA or FSA funds. Check with your administrator for coverage details.

Visit the official [OURA website](#) for comprehensive support resources, FAQs, and contact information.

