

Important information about Oura Ring

How to pair Oura Ring



01 . Unbox Oura Ring and place on the charger. It will blink blue when Oura Ring is ready to be paired.



02 . Sign in to Oura App, and ensure your device’s Bluetooth is enabled.



03 . Follow the in-app instructions, then start using Oura Ring!

It’s important that Oura Ring remain on the charger for the entire duration of pairing and account setup; this is a key step to ensure Oura Membership is properly applied. Oura will establish baseline readings over the next few weeks of Oura Ring use, which will inform personalized guidance and insight messages in Oura App.

What do I need to know about Oura Ring?

⌘ Syncing your data

In order to get the full benefit of Oura Ring, remember to open Oura App each morning and wait for Oura Ring to sync via Bluetooth. You will know the sync is complete when you see your Readiness and Sleep Scores.

⚡ Charging Oura Ring

When Oura Ring is connected via Bluetooth, you can see the battery level by clicking the circle in the top-right corner of Oura App. It will remind you when to charge to ensure no data loss.

🔋 Optimizing battery life

A fully charged Oura Ring typically lasts 5-8 days, but feel free to drop your ring on the charger for short bursts (e.g., when you take a shower each day), as the lithium polymer batteries actually perform the best when they’re at 25-80%.

🕒 Wearing Oura Ring

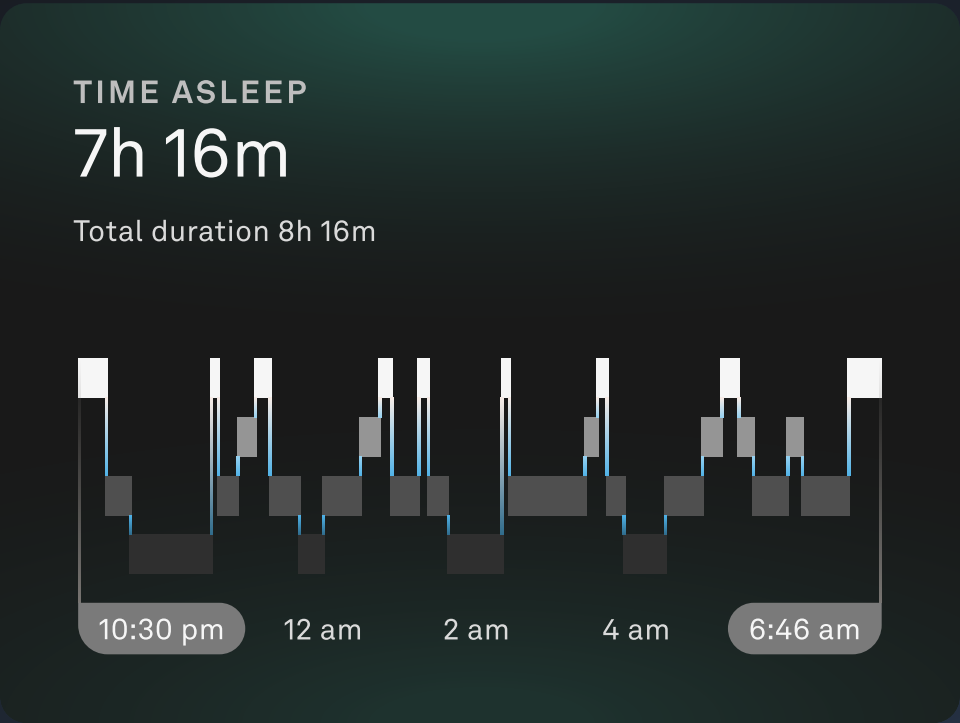
We recommend wearing Oura Ring 24/7 to get all the benefits. Oura Ring is water resistant up to 100m and is made of lightweight titanium for wearable durability in daily life.

What are my 3 daily scores?



Readiness

Your Readiness Score tells you how much your body can take on. It takes into account your sleep, activity, and body stress signals like body temperature and HRV.



Sleep

Your Sleep Score tells you how you slept last night by analyzing your deep sleep, REM sleep, light sleep, nightly heart rate, bedtime schedule, and more.



Activity

Your Activity Score tells you how you’re balancing activity by analyzing your daily movement, how much rest you’re getting, and more.