

# Oura Ring 4

## Sleeker. Smarter.

### And *more accurate.*

Oura Ring 4 is the next evolution of the revolutionary smart ring, designed to help you get up close and personal with your health. Oura Ring 4 surrounds your finger with advanced sensors for direct measurement from the arteries in your finger for the most accurate reading. The updated design is made of titanium inside and out, and the recessed sensors create a fully round interior shape that makes Oura Ring more comfortable than ever. Oura Ring 4 offers more sizing options and updated finishes to fit your style and your finger effortlessly.



## Key Features

### SMART SENSING

Smart Sensing enables the most complete, accurate picture of your health. All humans are different, so the Smart Sensing algorithm works with the research-grade sensors of Oura Ring 4 to learn about your unique physiology—the structure and skin tone of your finger. The sensors automatically adapt to find the best signal path, ensuring continuous, accurate data, even if your Oura Ring shifts periodically out of ideal alignment—all while optimizing the battery life. Based on a research study conducted by an external sleep clinic in August 2024\*, Smart Sensing led to a 15% improvement in breathing disturbance (BDI) accuracy, a 7% reduction in daytime heart rate gaps, and a 31% reduction in nighttime heart rate gaps compared to Oura Ring Gen3.

\*Source: <https://ouraring.com/blog/smart-sensing/?srsltid=AfmBQophKX6t4K2sbDcqpBSKLz2NexJlMmiz0H0BwF6GrA72t9n7V0hj>



### DISCREET SENSORS; INCREDIBLE COMFORT

Fully round interior shape with barely noticeable, recessed sensors.



### DURABLE

Fully titanium material is durable for daily wear yet gentle, even on sensitive skin.



### MORE SIZES AND SIX FINISHES

Oura Ring 4 comes in an expanded range of sizes (4-15) and six stunning (Black, Stealth, Silver, Brushed Silver, Rose Gold, and Gold) finishes so you can find the perfect fit for you and your personal style. Note that sizes may differ from Oura Ring Gen3, so Oura recommends resizing.



### EXTENDED BATTERY LIFE

Battery life of up to 8 days\*\* so you can wear it longer without needing to charge.

\*\*Battery life and longevity depend on Oura Ring size, Oura App settings, feature configuration, activity, battery age, usage, and many other factors; actual results will vary. Battery life and charge cycles vary by use and settings. Battery tests were conducted across various sizes and scenarios.



### NEW APP AND FEATURES

Available on both Android and iOS, the newest Oura App update gives members a more streamlined, at-a-glance view into both their daily and long-term metrics and introduces a number of new features, including Automatic Activity Detection with heart rate zones, Fertility Insights, and more contextualized Daytime Stress (see next page for more details). Oura has been steadfast in adding features across Sleep, Activity, Heart Health, Stress & Resilience, Women's Health, and Metabolic to continuously increase the value of Oura Membership—14 new features in 2024 alone.



### POWERED BY AI

Oura Membership translates your body's data into actionable insights personalized to your unique needs. With innovative, AI-powered tools like Oura Advisor, get exclusive access to actionable insights that become increasingly tailored over time.

## Tech specs

### WEIGHT AND DIMENSIONS

Width: 7.90mm  
Thickness: 2.88mm  
Weight: 3.3 to 5.2 grams (depending on ring size)

## Platforms



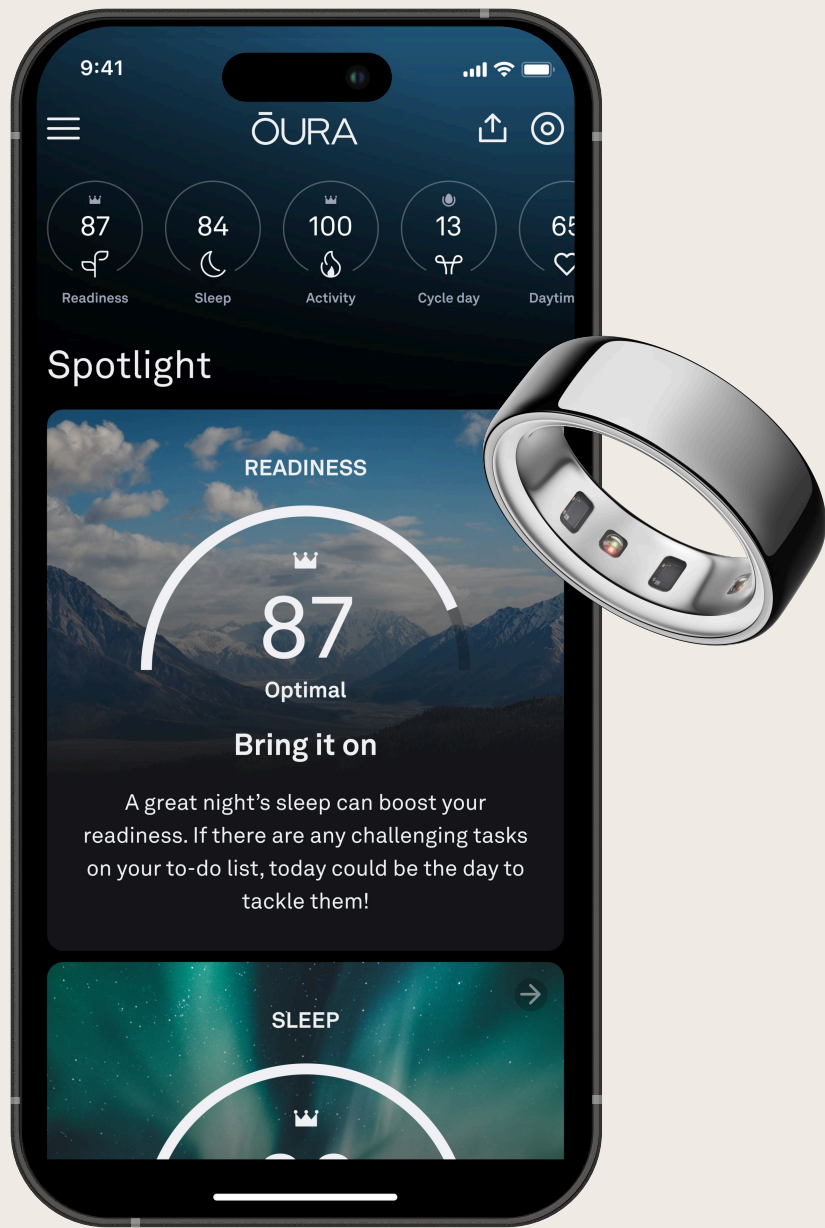
## Availability



## Warranty

1 year

limited hardware warranty



OURA