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Circular's next-gen smart ring lands with wireless charging and digital sizing – pre-orders now open

Matt Kollat

Wed, March 5, 2025 at 3:00 AM EST · 2 min read



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Credit: Circular



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After making waves at CES 2025, Circular is officially opening pre-orders for the Circular Ring 2, the brand's most advanced smart ring yet.

This latest iteration brings a host of new features, including FDA-cleared AFib detection, a wireless charging case, and industry-first Digital Ring Sizing technology.



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Sizing has long been a challenge for smart rings, but Circular aims to change that with its new Digital Ring Sizing tech.

Instead of relying on physical sizing kits, you can now measure your ring size directly from your smartphone, eliminating the guesswork and ensuring a perfect fit from the start, Circular says.

Then there's the optional wireless charging case, which lets you power up your ring on the go, similar to the [RingConn Smart Ring Gen 2](#).

A major feature addition is its Women's Health Suite, which includes advanced cycle tracking, temperature monitoring, and fertility insights. You also get FDA-cleared AFib detection and upgraded ECG capabilities for better real-time cardiac monitoring.



Combined with sleep-stage analysis and AI-powered insights via Kira, the Circular Ring 2 is designed to keep you informed about your vitals 24/7.

"After listening closely to feedback from the media and industry at CES, we've refined the Circular Ring 2 to deliver a truly next-level experience," said Amaury Kosman, CEO and Co-Founder of Circular. "From hassle-free wireless charging to precision digital sizing and advanced health tools."

Circular is rolling out an enticing pre-order campaign on [Kickstarter](#), offering the Circular Ring 2 at a steep discount.

While the ring's full retail price is set at \$549, early backers can snag it for as low as \$239 – saving up to \$310. Pre-orders open today, 5 March 2025, with shipping expected to begin in June 2025. For more information, [visit Circular](#).

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Fitness trackers come in all shapes and sizes, with smart rings leading the way in diversifying the category from strictly wrist-based options. At PCMag, we've been covering smart rings since the [Ringly](#) and [Kovert Designs Altru](#) launched roughly a decade ago, well before anyone knew the name [Oura](#). Smart rings are obviously smaller and can thus feel more comfortable to wear day and night than a [smartwatch](#), but a growing variety of choices yields confusion about which one to pick. After extensive testing, the [Oura Ring 4](#) earns our top recommendation thanks to its accurate and detailed activity, sleep, and stress tracking and its emphasis on long-term holistic health. That said, if [Oura's](#) monthly subscription cost rubs you the wrong way, we offer several compelling alternatives below, so read on to find the best smart ring for you.

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What Is a Smart Ring?

At a glance, a smart ring looks like a simple piece of jewelry. Remove the ring, and you'll see the telltale signs that the metallic band has more going on than a sense of style. Most smart rings have red and green LED sensors that are visible on the inner band. Other than the blinking lights, the sensors take different physical forms.



Most have sensor bumps that jut out slightly from the interior. These tiny bumps against your finger can help rings calibrate the signals from their sensors. While they might sound uncomfortable, the bumps are generally small enough that you won't notice them.



Mix Salt with Vaseline and Just Watch

Lifefhack Guru

These sensors measure a wide variety of health-related metrics. Variation exists from model to model, but most smart rings track blood oxygen, heart rate, respiration, and skin temperature. They generally have some form of accelerometer built in to calculate movement. The heart rate sensors can also usually calculate heart rate variability (HRV), a measure of your nervous system

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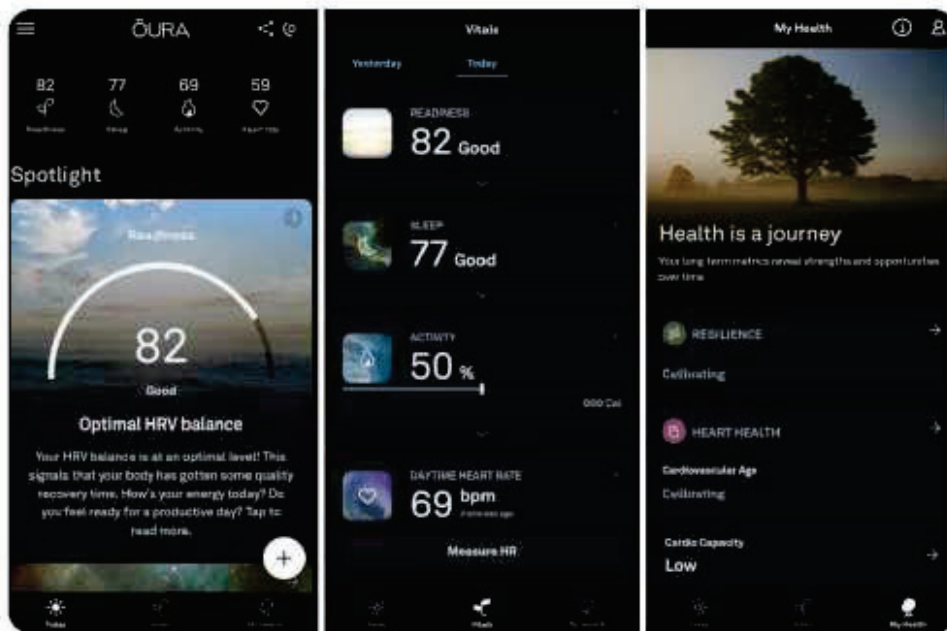
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activity and an indicator of stress and recovery.

From these measurements, smart rings can track general activity, exercise, sleep, and stress. None have a display, so you'll need to check collected data in the associated app, where most smart rings also offer charts to track each category over time, as well as assessments of each metric and recommendations to improve your health.



Aside from the discontinued [Amazon Echo Loop](#), we've yet to test a smart ring that vibrates or does anything else to send you an alert using the actual hardware. They're meant to be unobtrusive measuring devices collecting info quietly in the background. That said, most can send notifications to your phone through the app if you allow them, letting the ring tell you of an abnormal heart rate or low battery, depending on the app.

While the form factor looks the part of ordinary jewelry, in terms of function, they're quite similar to wrist-based fitness trackers. Smart rings are wearables meant to help you track your health over time.

Smart Rings vs. Smartwatches

Given that smart rings serve a similar function as wrist-based wearables like fitness trackers and [smartwatches](#), you might wonder which form works best for you. Each has pros and cons, of course, and you can always get both. With some, like the Samsung Galaxy Ring and [Galaxy Watch 7](#), the tracker on your finger and



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like the Samsung Galaxy Ring and Galaxy Watch 7, the tracker on your finger and on your wrist can work together to calculate more precise data while helping the other conserve power on overlapping tasks.



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Generally speaking, wrist-based trackers are better than smart rings at measuring exercise. And if you're trying to check your heart rate or elapsed time during a run, having a device with a screen is more convenient than a ring, which makes you pull out your phone and open the relevant app. A built-in screen also enables wrist-based trackers to offer extra niceties that aren't available on smart rings, such as apps, games, and lifestyle features like texting and mobile payments.

On the other hand, smart rings are smaller, lighter, and less obtrusive. Since they don't have a screen, they won't do anything to bother you during the day unless you look at your phone as well. While most smartwatches and fitness trackers look high-tech, smart rings can blend into your outfit for a night on the town, allowing you to break out your favorite analog watch without missing out on your health data for the evening.

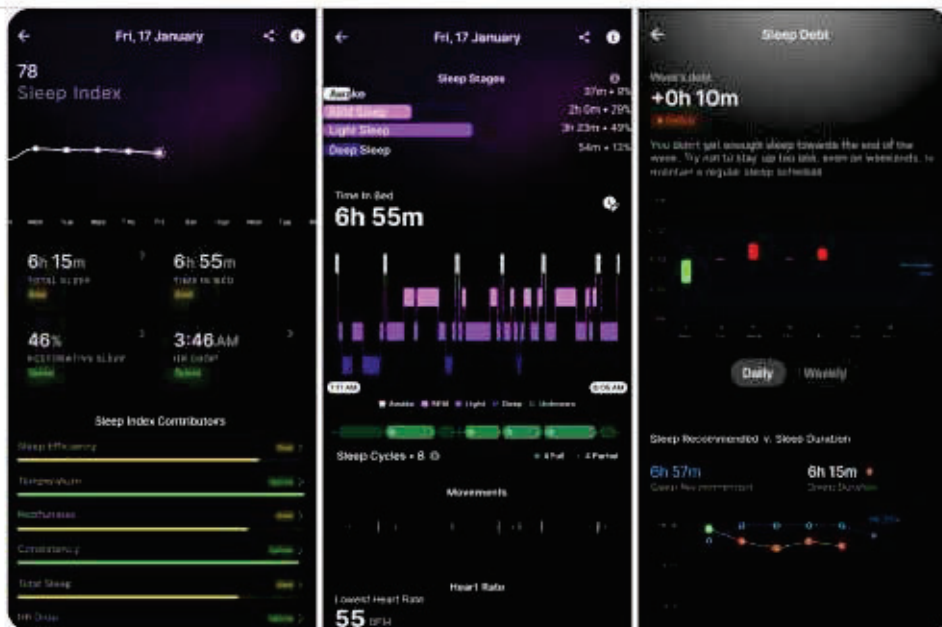
The small form factor also has its advantages when tracking sleep. You don't have to worry about turning on a sleep mode or stopping a screen from illuminating. It's also more comfortable to wear for extended periods of time than a wrist-based wearable, especially during sleep.



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Battery life is generally better on smart rings than on fitness trackers, and much better when comparing rings to smartwatches. All of our favorite smart rings last five to seven days on a charge. Our favorite fitness tracker, the [Fitbit Charge 6](#), lasted 4.5 days in testing with the always-on display mode disabled. All of our favorite flagship smartwatches last just over a single day on a charge.

Between the comfort level and the longer battery life, smart rings are better than wrist-based trackers at holistic health tracking by measuring similar criteria with fewer gaps in data. Simply put, since you'll be wearing the device more often (and removing it less often for charging), it will gather a more complete picture of your data.

Smart Ring Sizing: How to Find Your Fit

When ordering a smart ring, you can get a sizing kit from the company in advance. These kits include plastic bands in all available sizes, so you can try them on and find the one that fits best. Most companies advise wearing the trial

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Smart Ring Sizing: How to Find Your Fit

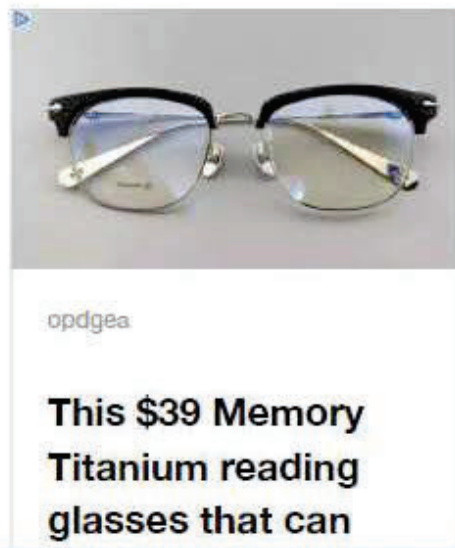
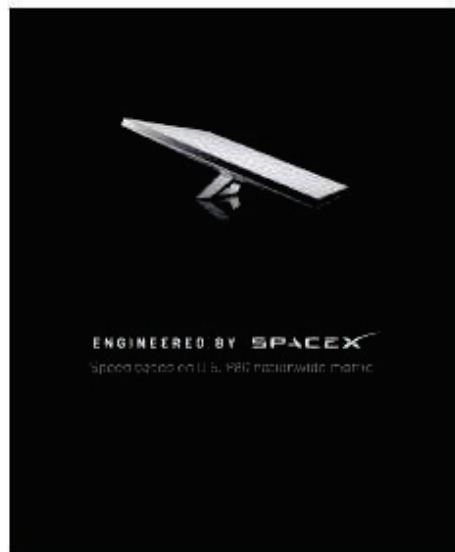
When ordering a smart ring, you can get a sizing kit from the company in advance. These kits include plastic bands in all available sizes, so you can try them on and find the one that fits best. Most companies advise wearing the trial ring for a day or two to confirm that it fits and feels comfortable before ordering a ring in that size.



Expect the sizing kit to be free, or essentially free, if you go through with the purchase. Samsung charges \$10 to order its sizing kit, for example, but then discounts the purchase of the ring by \$10. Announced at CES, the [Circular Ring 2](#) will look to improve on the current process with a digital sizing kit, so the app will assess the shape of your finger and make a recommendation.

Smart Ring Prices and Compatibility

Other than the Samsung Galaxy Ring, all of our favorite smart rings work with both Android and iOS phones. The Galaxy Ring is Android-only, and you really need a [Samsung phone](#) to get the most out of it. For the others, you'll get the same experience regardless of your phone brand.





The price range for smart rings is relatively narrow. The RingConn Gen 2 Air Smart Ring is the most affordable at \$199, and the Samsung Galaxy Ring is the most expensive at \$399. The Oura Ring 4 and the Ultrahuman Ring Air both sit in the middle at \$349. The Oura is the only model on this list that requires a fee (\$5.99 per month or \$69.99 per year) for access to your health stats.

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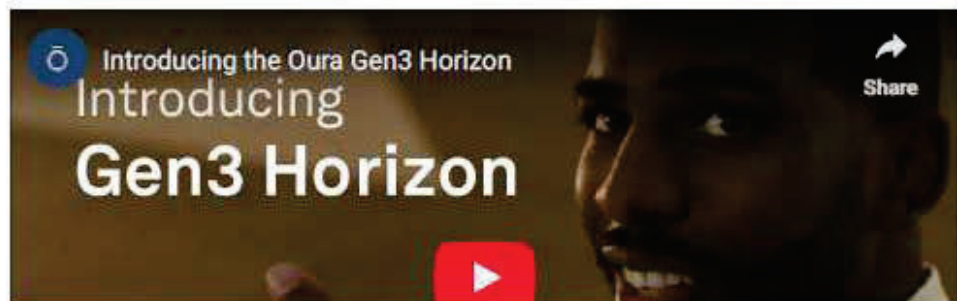
oura-ring-3rd-gen-on-charger

Oura Ring is the originator when it comes to smart rings, offering one of the most complete experiences you can find on the market today. And while the devices are pretty pricey, there's always a chance you can luck out when they go on sale. The [Oura Ring Gen 3 is our favorite choice](#) when it comes to smart rings, and this promotion drops it down to one of its best prices, coming in at just \$249.



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What's great about the Oura Ring Gen 3 Horizon?



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Although there is a newer version of this ring that's available, we found that the difference in price really doesn't warrant what you get on the new model, which makes the older version our top pick when it comes to smart rings. We love that this Horizon model has a more refined design when compared to the standard Ring Gen 3.

You get excellent health and fitness tracking, along with the ability to track your sleep and stress levels as well. And you'll also get up to seven days of battery life on a single charge, which makes it convenient to wear even when you're going on trips. Perhaps the most important is that it's comfortable to wear and extremely durable.

The Ring Gen 3 Horizon is just one of those wearables that really makes its mark, and is a fantastic option if you're looking to get something less cumbersome than a smartwatch. Just be sure to get it while it's on sale and be sure to get the sizing kit if you don't know your size.

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