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Oura Ring 4

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 is built around a breakthrough sensing technology, Smart Sensing, which adapts to your finger to deliver accurate, continuous data, day and night.

Oura Ring 4 and chargers are available for purchase from the [Oura online store](#) and select [authorized retailers](#).

If you're setting up your Oura Ring 4 as a new or current member, see the instructions in [Set Up an Oura Ring](#).

Also see [Oura Ring 4 FAQs](#).

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Hardware

Oura Ring 4 features a sleeker, fully titanium design and recessed sensors on the interior, enhancing both durability and wearability.

Determining Your Oura Ring Size

Oura Ring 4 is available in one design and six colors: Black, Silver, Stealth, Brushed Silver, Gold, and Rose Gold. It has an expanded size range, now available in sizes 4-15. We do not offer half sizes.

The sizing for Oura Ring 4 is slightly different from Oura Ring Gen3. If you're switching between these different ring generations or uncertain about your size, make sure to use the right Oura Ring Sizing Kit for an accurate fit. The Oura Ring 4 Sizing Kit includes white ring sizers, and the Oura Ring Gen3 Sizing Kit includes black ring sizers.

For the **best fit** and most accurate readings, align your ring so that the sensors are against the palm side of your finger.

Sensors

- Smart Sensing is a new sensing platform designed to give you the most complete picture of your health. The research-grade sensors work with an algorithm that adapts to the unique structure and skin tone of your finger and your current activity to deliver the most accurate, continuous data, day and night—all while optimizing battery life
- Red and infrared LEDs measure blood oxygen while you sleep
- Green and infrared PPG sensors alternate to measure heart rate 24/7 and heart rate variability and respiration rate during your sleep
- Digital temperature sensor measures average body temperature variations
- Accelerometer tracks movement and activity 24/7

External Surface Materials

- Titanium with physical vapor deposition (PVD) coating in Black, Silver, Brushed Silver, Gold, and Rose Gold
- Titanium with Diamond-like Carbon (DLC) coating in Stealth

Inner Surface Materials

- Non-allergenic, titanium inner shell. This is a medical grade, BPA-free inner surface
- Shock resistance and bonding between printed circuit board and ring outer frame

Connectivity

- Bluetooth Low Energy (Bluetooth Smart®)
- EMF-Safe and allows Airplane Mode
- FCC certified

Other Specifications

- Battery: Up to 8 days. 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. See [Oura Ring 4 Battery Life](#) and [Ring Battery Tips](#) for more information
- Width: 7.9mm
- Thickness: ~2.88mm
- Weight: 3.3-5.2 grams (depending on ring size)

See more information in our [Product Safety & Use article](#).

Software

Oura Ring 4 with active membership includes:

- [Detailed sleep analysis](#)
- [24/7 heart rate tracking \(Daytime, Nighttime, Activity\)](#)
- [Integration with third-party health and wellness apps like Strava](#)
- [Advanced temperature monitoring](#)
- [Blood Oxygen Sensing \(SpO2\)](#)

- [Cardiovascular Age](#)
- [Cardio Capacity \(VO2 Max\)](#)
- [Cycle Insights](#)
- [Daytime Stress](#)
- [Dynamic activity goals with Automatic Activity Detection](#)
- [Oura Labs](#)
- [Pregnancy Insights](#)
- [Resilience](#)
- [Weekly, monthly, quarterly, yearly, and anniversary reports](#)

[Body clock and chronotype](#), [Explore content](#), and [personalized activity goals](#) are also available for Gen2 and Gen3 rings.

Regardless of the type of membership you have, your Oura Membership will continue to work seamlessly with Oura Ring 4. Since your membership is tied to your Oura account (not the ring itself), all of your data and benefits will carry over. Once you [pair your new Oura Ring 4](#), you'll see all your data in the Oura App.

See [Oura Membership](#) for more information and pricing.

Oura Ring 4 vs. Oura Ring Generation 3

Here's how Oura Ring 4 compares to [Oura Ring Gen3](#).

	Oura Ring 4	Oura Ring Gen3
Style	• 1 style	• 2 styles: Heritage and Horizon
Design & Material	• Fully titanium exterior & interior • Recessed interior sensors at 0.3mm	• Titanium exterior, epoxy interior • Raised interior domes (sensors) at 1.3mm

Finishes	• Black • Brushed Silver • Gold • Silver • Stealth • Rose Gold	• Black • Brushed Titanium (Horizon only) • Gold • Silver • Stealth • Rose Gold (Horizon only)
Sensing Platform	• Accuracy is powered by Smart Sensing that dynamically selects the optimal signal path	• Measurements powered by a fixed, static configuration of optical paths
Sizing	• Sizes 4-15	• Sizes 6-13
Battery	• Up to 8 days	• Up to 7 days
Charging Time	• Typically between 20-80 minutes depending on the ring starting charge level	• Typically between 20-80 minutes depending on the ring starting charge level
Charger	• Grey and square • USB-C to USB-C	• Black and circular • USB C to USB 2.0 standard-A cable
	• Red and infrared LEDs	

Sensors	measure blood oxygen levels while you sleep • Green and infrared LEDs alternate to measure heart rate 24/7 and heart rate variability and respiration rate during your sleep • Digital sensor measures your temperature variations • Accelerometer tracks movement and activity 24/7	• Red LEDs measure blood oxygen levels while you sleep • Green LEDs monitor heart rate 24/7 • PPG sensors read resting heart rate, heart rate variability, and respiration • NTC sensors monitor your nighttime skin temperature trends • Accelerometer tracks movement and activity 24/7
Dimensions	• Width: 7.9mm • Thickness: ~2.88mm • Weight: 3.3-5.2 grams (depending on ring size)	• Width: 7.9mm • Thickness: ~2.7mm (Heritage), ~2.9mm (Horizon) • Weight: 4-6 grams (depending on ring size)
Water Resistance	• 100m/328ft, suitable for sauna and water sports but not diving	• 100m/328ft, suitable for sauna and water sports but not diving
Operating	• -10–54 °C / 14–129 °F • Charging at room	• -10°C–52°C / 14°F–125°F

Temperature	temperature recommended	Charging at room temperature recommended

More Information

Product Safety & Use

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