

OURA



Frequently Asked Questions

Our company exists to help people live full life and unleash their true potential. Our products enhance peoples' understanding of their physiological, mental and emotional state and how they can help themselves to achieve better balance.

[Contact us](#)

What is Õura

ÕURA is an elegant ring that measures your body reactions. It 's seamless, effortless and comfortable for 24/7 wear. It measures both physiology and behavior. It senses continuously and is a completely stand-alone device.

Õura comes with a smartphone application. The ring automatically shares its buffered findings with the mobile app which gives you personalized, actionable guidance to perform at your best. The app combines physiological and behavioral data as well as your inputs on how you're feeling.

In which finger should I wear the ring ?

What sizes and colors are available?

What material is the ring made of?

Is it waterproof?

How to keep the ring clean ?

How is the ring charged?

How often do I have to recharge the ring?

When will Õura be available?

Will I get any software updates for Õura ?

Is it free?

Do I need the app to use the ring?

What languages does the Õura app support?

If you can't find the answer you're looking for in FAQs, please send an email to our team at support@ouraring.com

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[Contact us](#)[What is Õura](#)[In which finger should I wear the ring ?](#)

Any finger on your hand is good – we prefer wearing it on the non-dominant hand because it better reflects the light-intensity activity levels of the whole body.

[What sizes and colors are available?](#)[What material is the ring made of?](#)[Is it waterproof?](#)[How to keep the ring clean ?](#)[How is the ring charged?](#)[How often do I have to recharge the ring?](#)[When will Õura be available?](#)[Will I get any software updates for Õura ?](#)[Is it free?](#)[Do I need the app to use the ring?](#)[What languages does the Õura app support?](#)

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[Contact us](#)[What is Ōura](#)[In which finger should I wear the ring ?](#)[What sizes and colors are available?](#)

Ōura will be available in US sizes 6-13, starting September 2015.

Available colours are glossy black, matt black and glossy white.

[What material is the ring made of?](#)[Is it waterproof?](#)[How to keep the ring clean ?](#)[How is the ring charged?](#)[How often do I have to recharge the ring?](#)[When will Ōura be available?](#)[Will I get any software updates for Ōura ?](#)[Is it free?](#)[Do I need the app to use the ring?](#)[What languages does the Ōura app support?](#)

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What is Õura



In which finger should I wear the ring ?



What sizes and colors are available?



What material is the ring made of?



Õura is made of scratch resistant high-tech ceramic.

Is it waterproof?



How to keep the ring clean ?



How is the ring charged?



How often do I have to recharge the ring?



When will Õura be available?



Will I get any software updates for Õura ?



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What sizes and colors are available?



What material is the ring made of?



Is it waterproof?



Yes, it is waterproof up to 5 ATM or 50 meters.

How to keep the ring clean ?



How is the ring charged?



How often do I have to recharge the ring?



When will Õura be available?



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What material is the ring made of?



Is it waterproof?



How to keep the ring clean ?



You can wash the ring in water and a mild soap solution if needed.

How is the ring charged?



How often do I have to recharge the ring?



When will Òura be available?



Will I get any software updates for Òura ?



Is it free?



Do I need the app to use the ring?



What languages does the Òura app support?



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Ōura comes in a ring box that is also the charger. Just place your ring back into its box to start charging. A dim white led light indicates the charging status.

[How often do I have to recharge the ring?](#)[When will Ōura be available?](#)[Will I get any software updates for Ōura ?](#)[Is it free?](#)[Do I need the app to use the ring?](#)[What languages does the Ōura app support?](#)

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Contact us

What is Oura



In which finger should I wear the ring ?



What sizes and colors are available?



What material is the ring made of?



Is it waterproof?



How to keep the ring clean ?



How is the ring charged?



How often do I have to recharge the ring?



You need to charge the ring once every three days, for only 30-60 minutes.

Another alternative is to charge the ring 20-30 minutes daily: place the ring in the charger in the morning or evening while taking a shower or eating breakfast. Make it a habit and wear the ring at all other times. The charging box is a design item that looks good displayed anywhere.

When will Oura be available?



Will I get any software updates for Oura ?



Is it free?



Do I need the app to use the ring?



What languages does the Oura app support?



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What sizes and colors are available?



What material is the ring made of?



Is it waterproof?



How to keep the ring clean ?



How is the ring charged?



How often do I have to recharge the ring?



When will Õura be available?



Õura will be available in September 2015.

Will I get any software updates for Õura ?



Is it free?



Do I need the app to use the ring?



What languages does the Õura app support?



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How to keep the ring clean ?



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How often do I have to recharge the ring?



When will Ōura be available?



Will I get any software updates for Ōura ?



Yes, your Ōura will stay up-to-date with updates that are suggested by the mobile app when available.

Is it free?



Do I need the app to use the ring?



What languages does the Ōura app support?



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When will Õura be available?



Will I get any software updates for Õura ?



Is it free?



Yes, you can download the app from Apple Store for free when it is available.

Do I need the app to use the ring?



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You need the app to connect and personalize the ring to yourself. The app combines physiological and behavioral data as well as your inputs on how you're feeling.

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What languages does the Ōura app support?



The Ōura app currently guides you in English. Later on, the app will support several other languages as well.

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