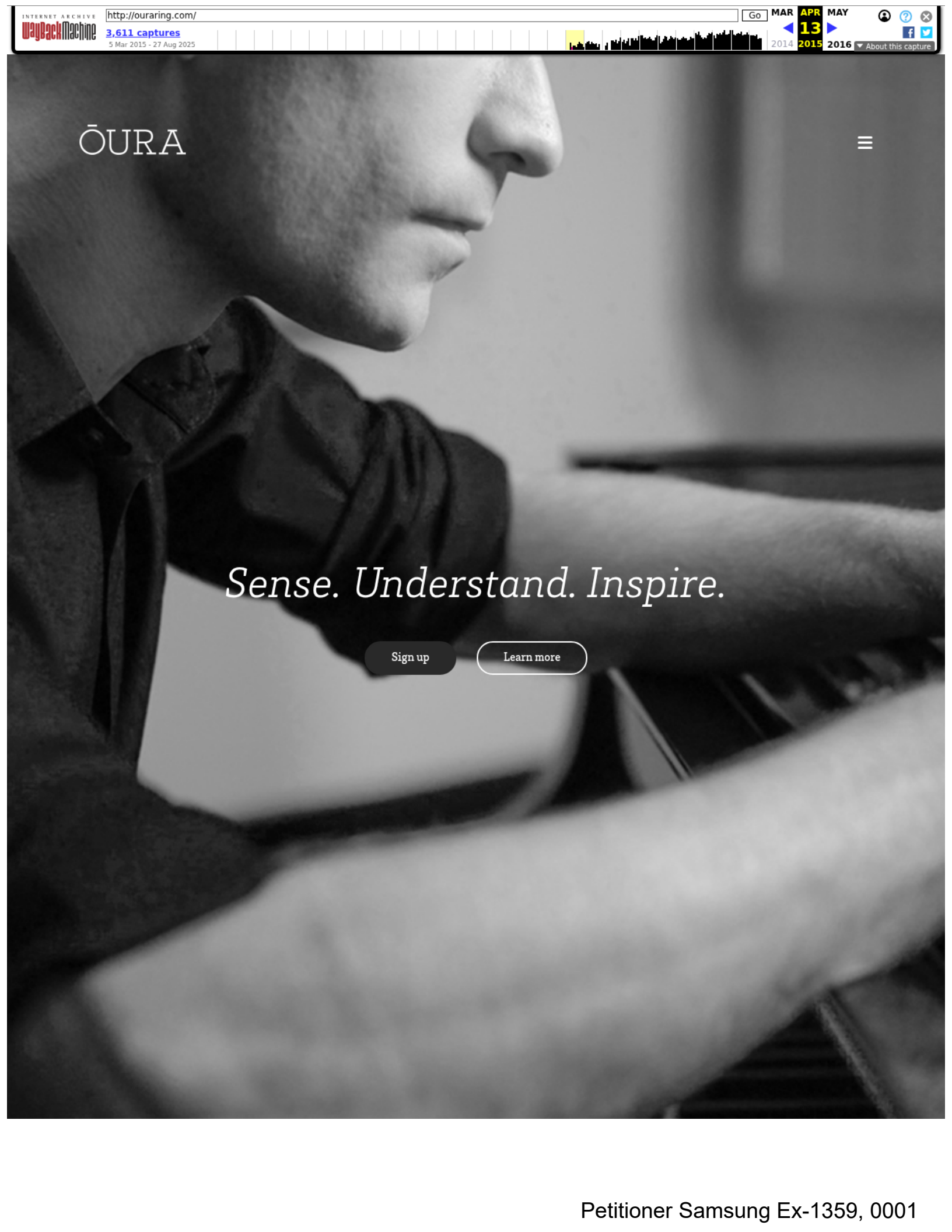




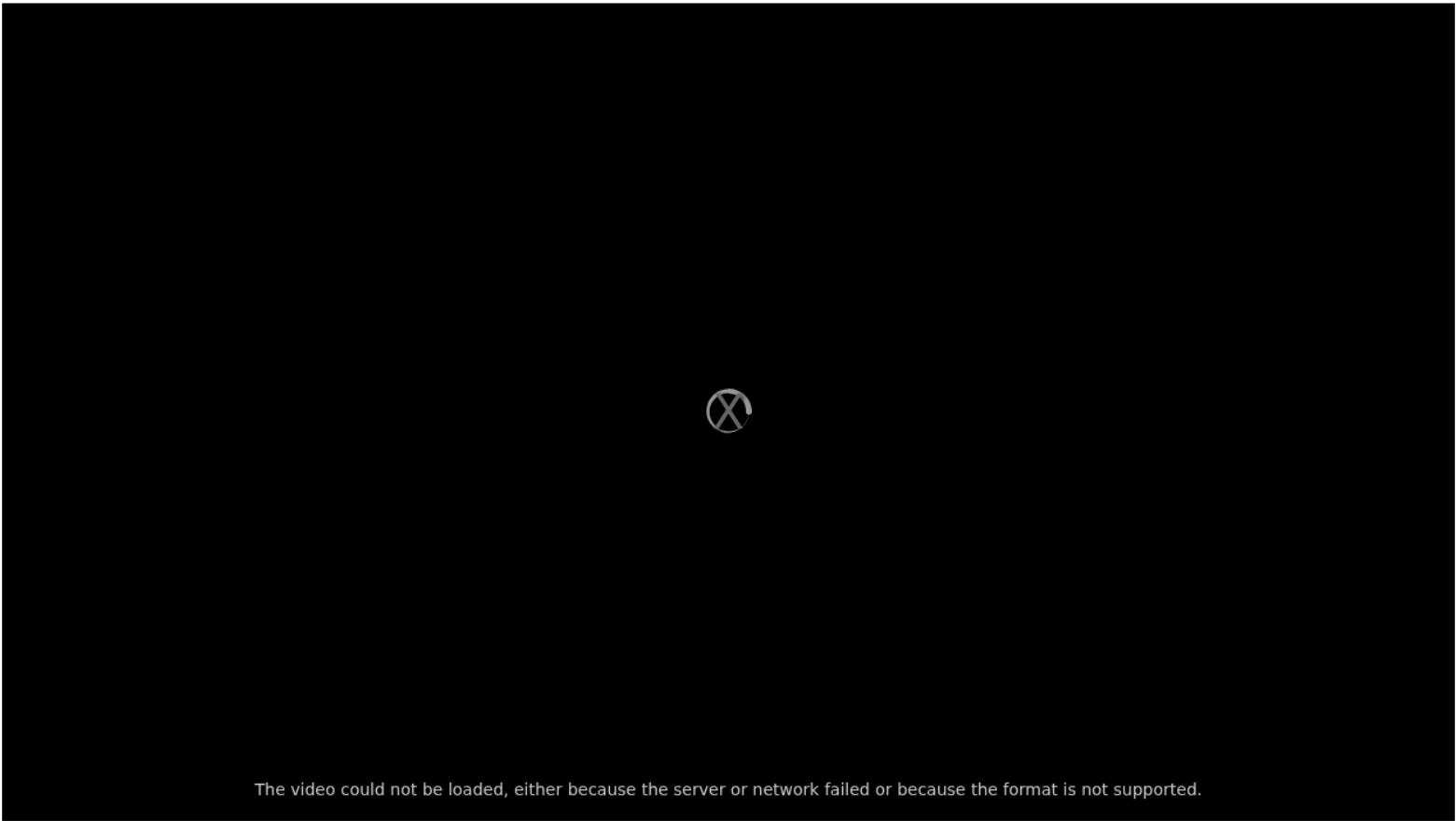
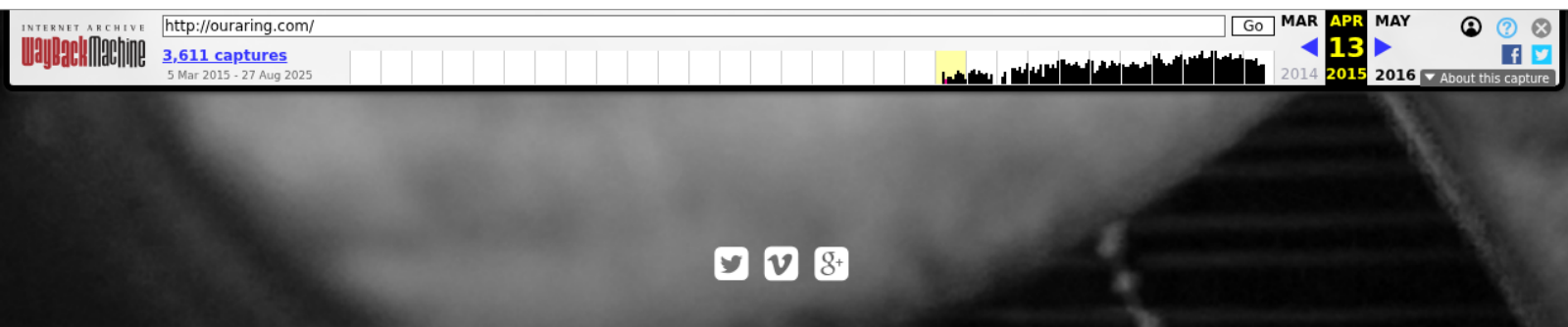
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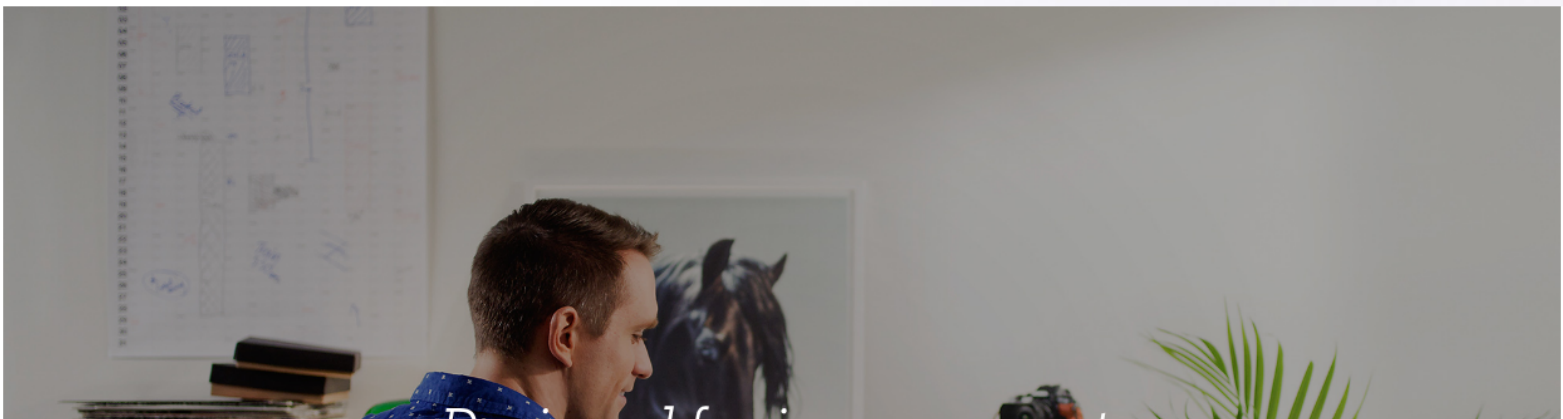
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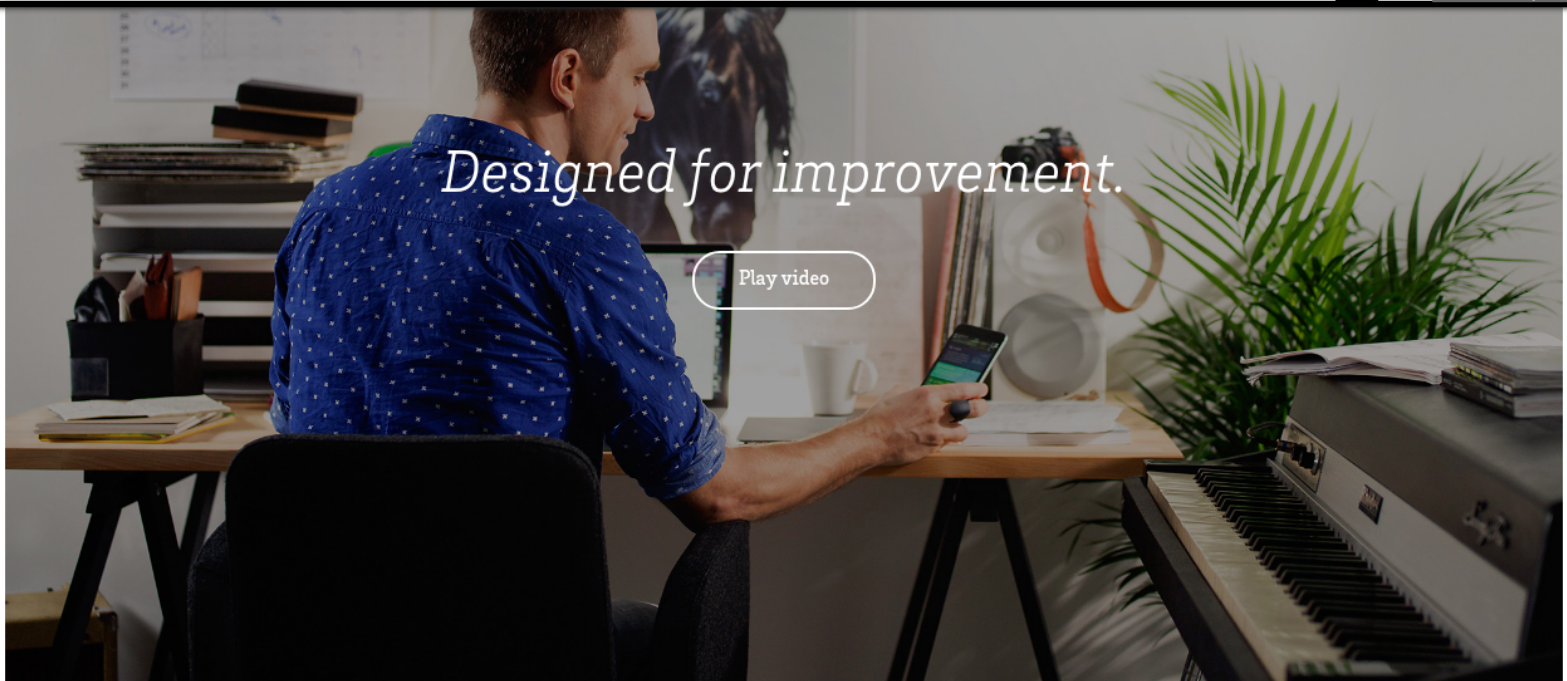
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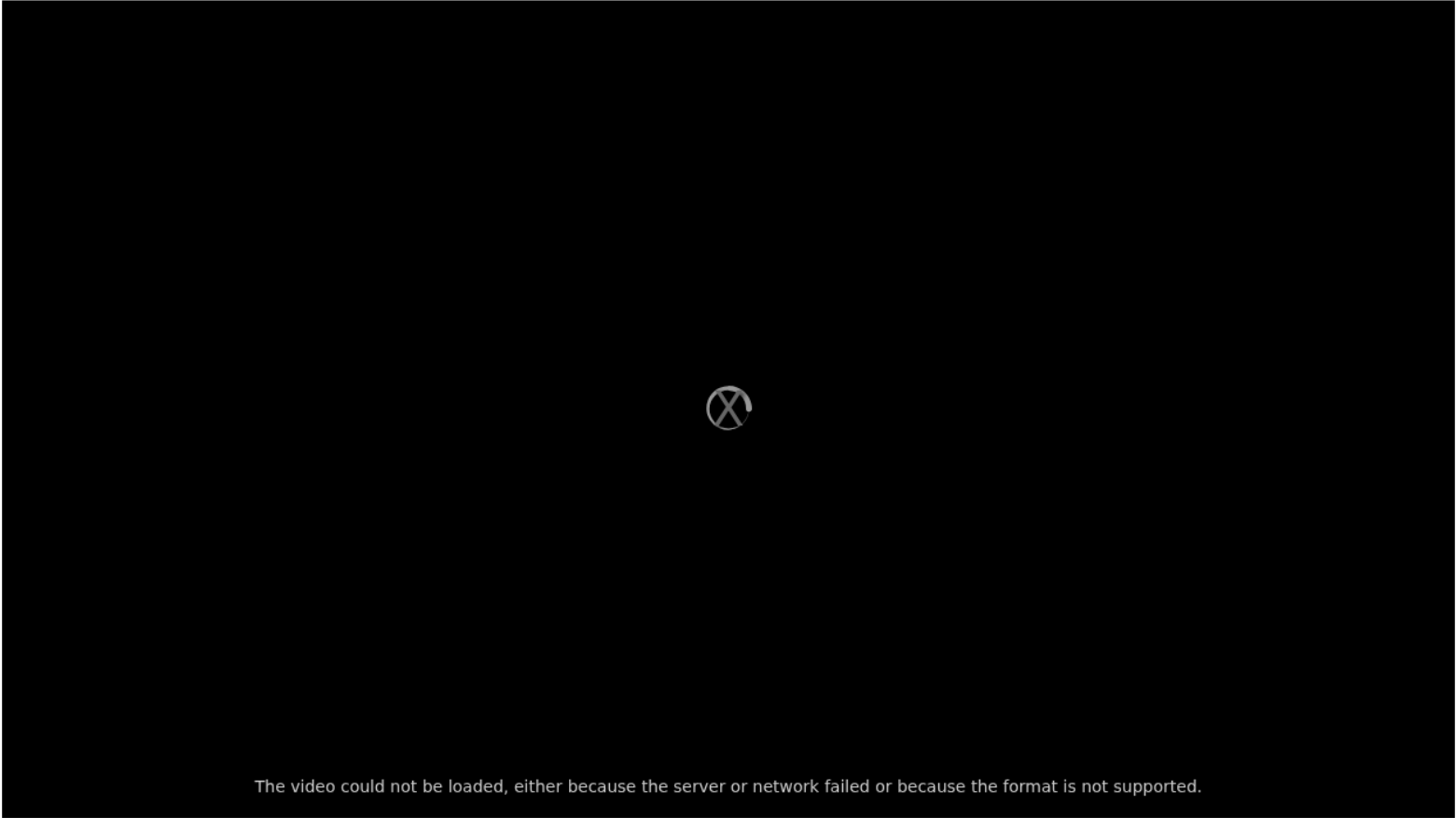
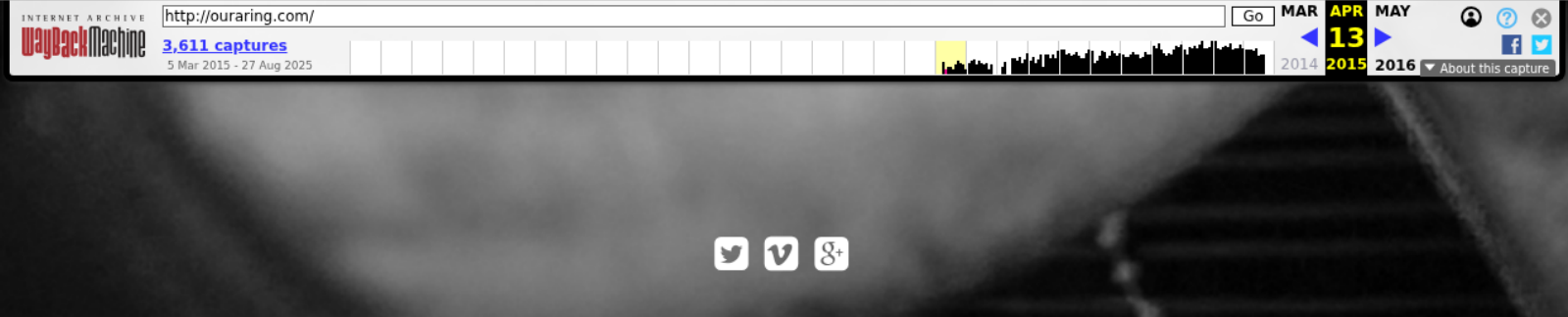
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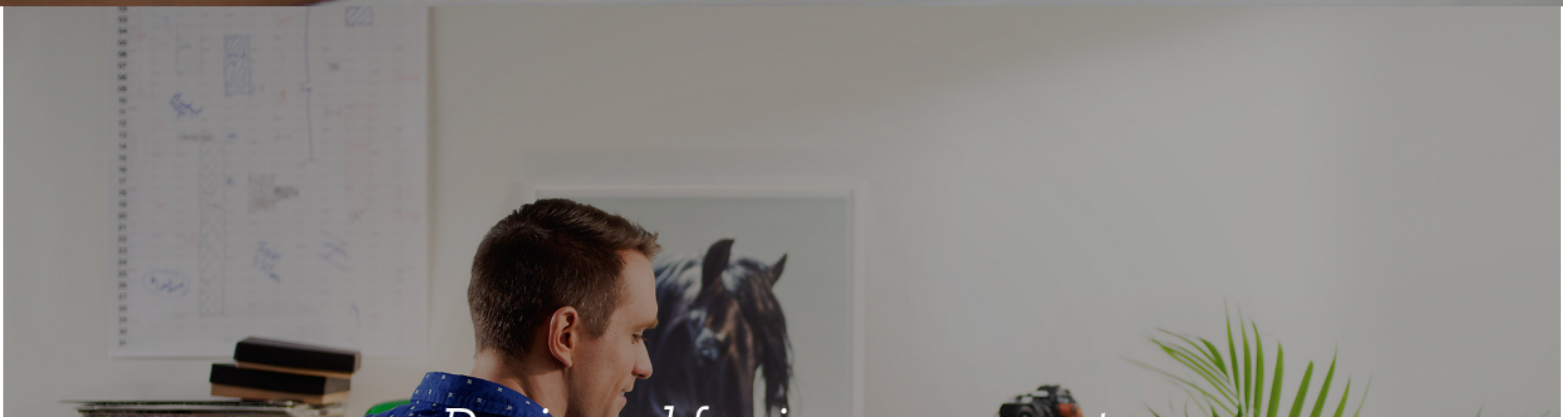
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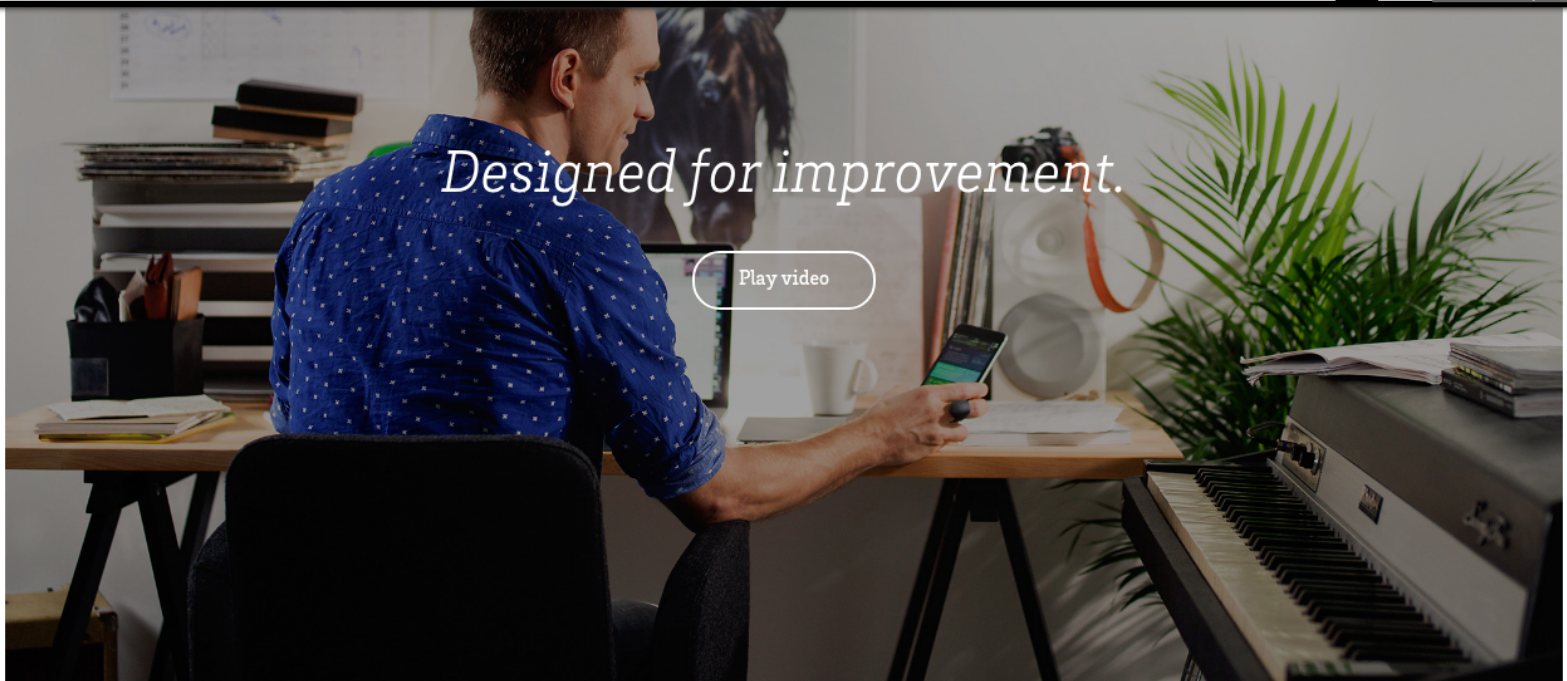
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Oura helps you achieve a rhythm of life that's in sync with your mind and body. It gives you guidance on how to rest and recover. Your body knows what is good for you and how ready it is to keep going.





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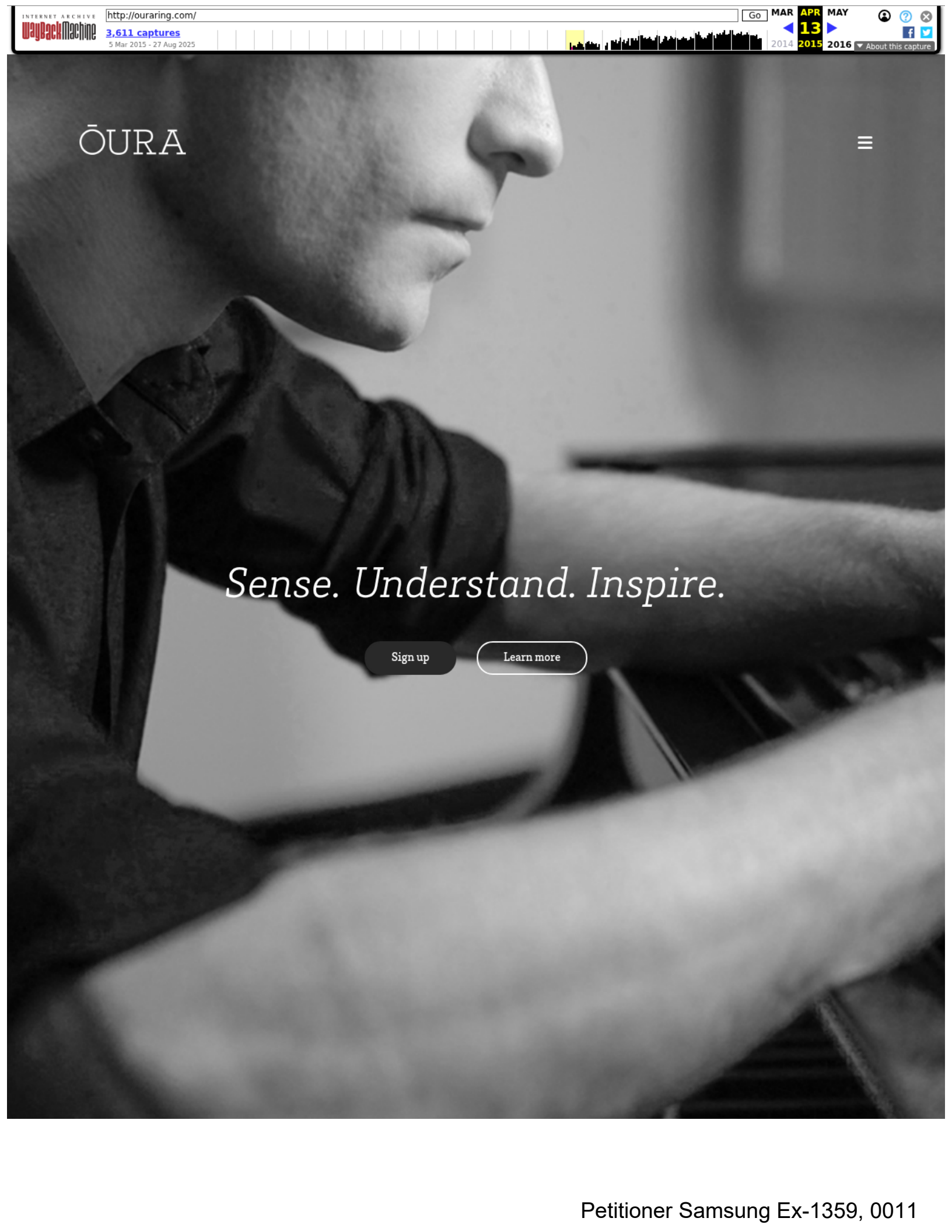
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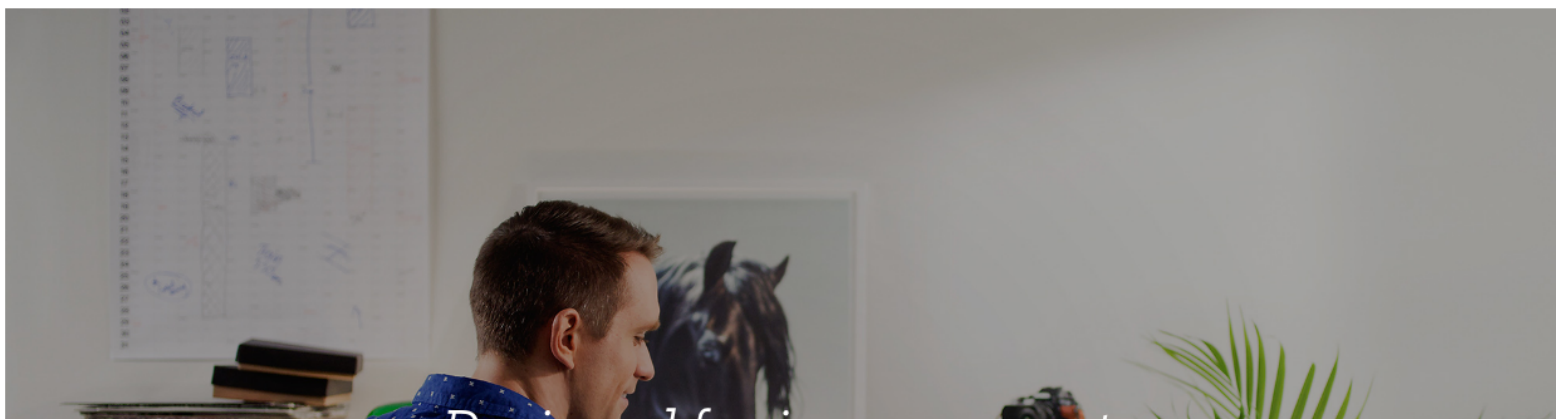
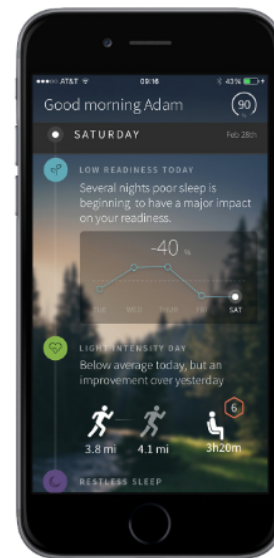
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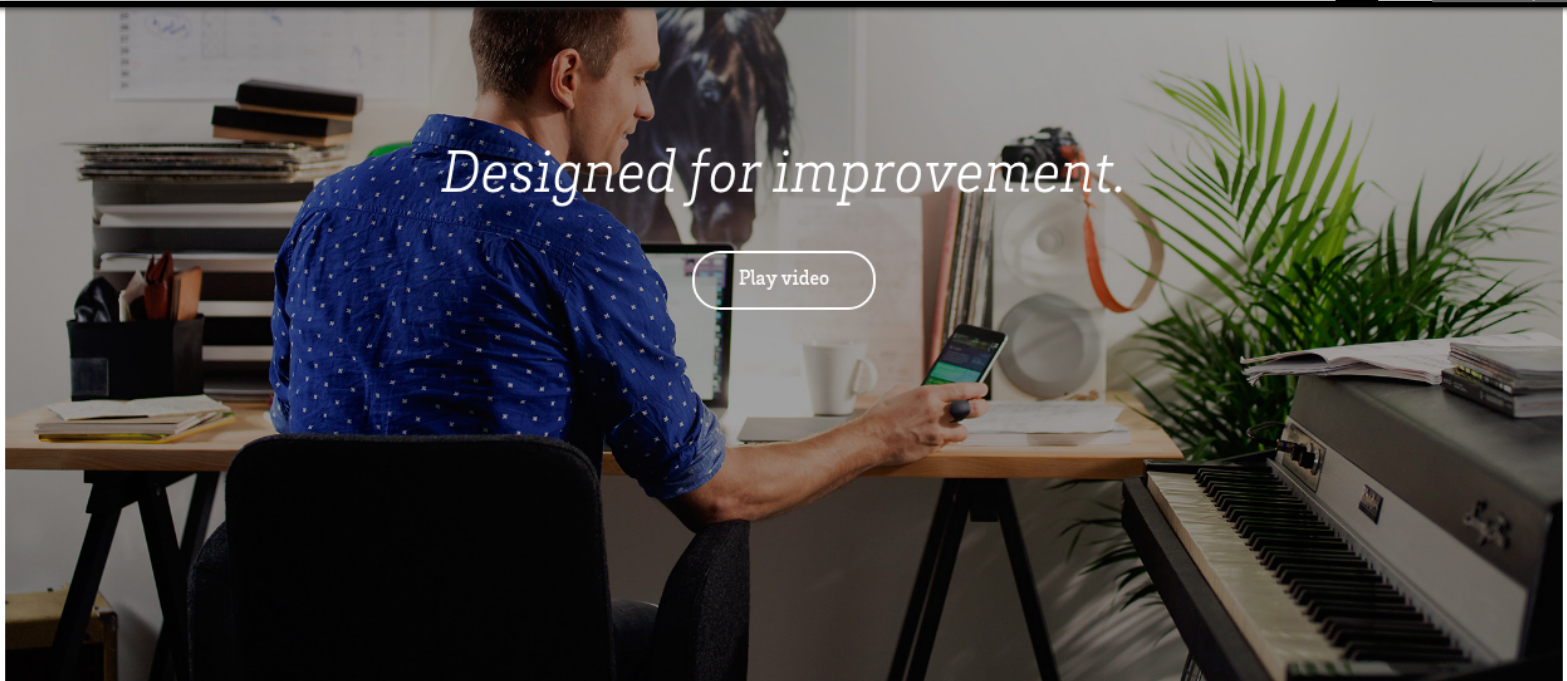


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Readiness Intelligence

Ōura helps you understand how changes in your behaviour, environment and lifestyle affect your mind, body, and your readiness to perform.





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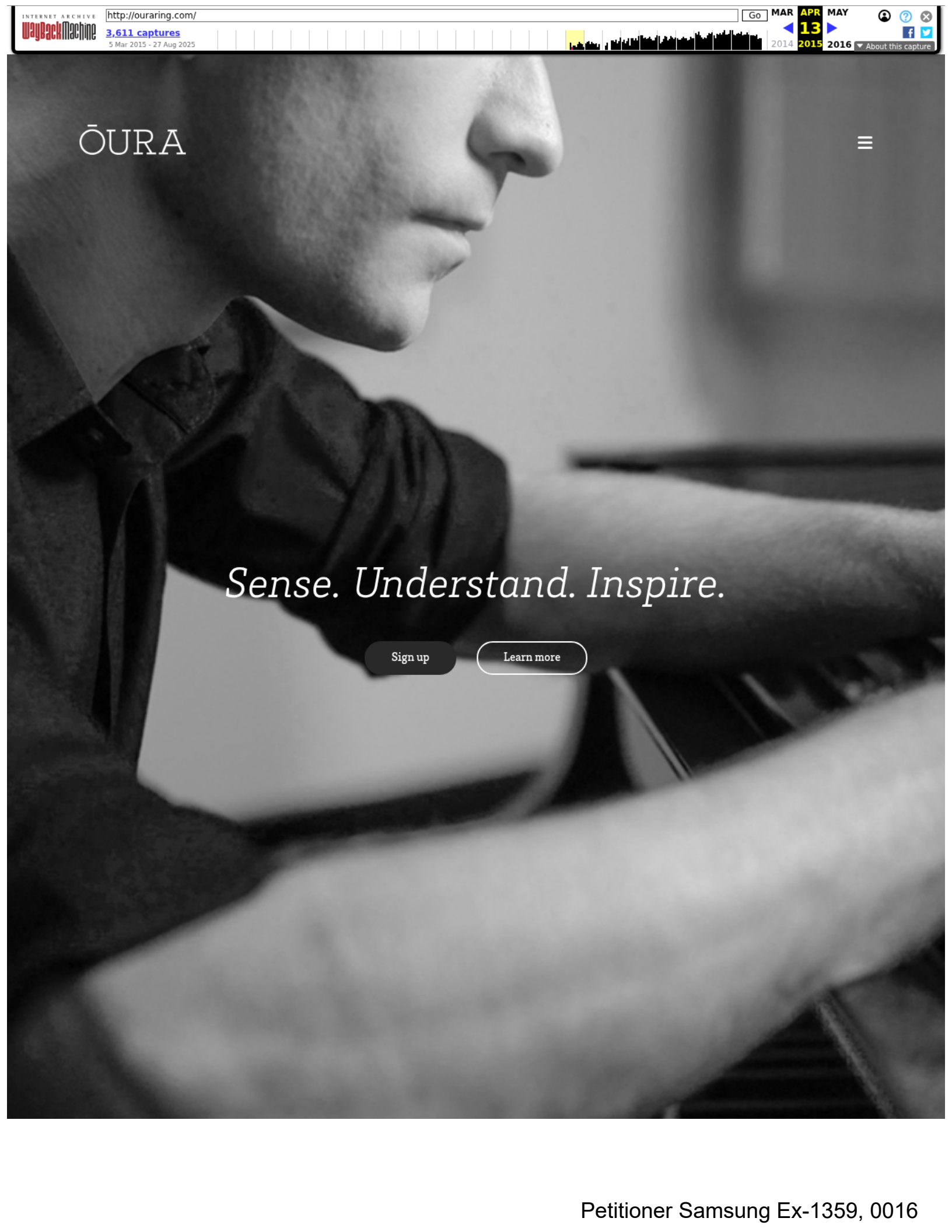
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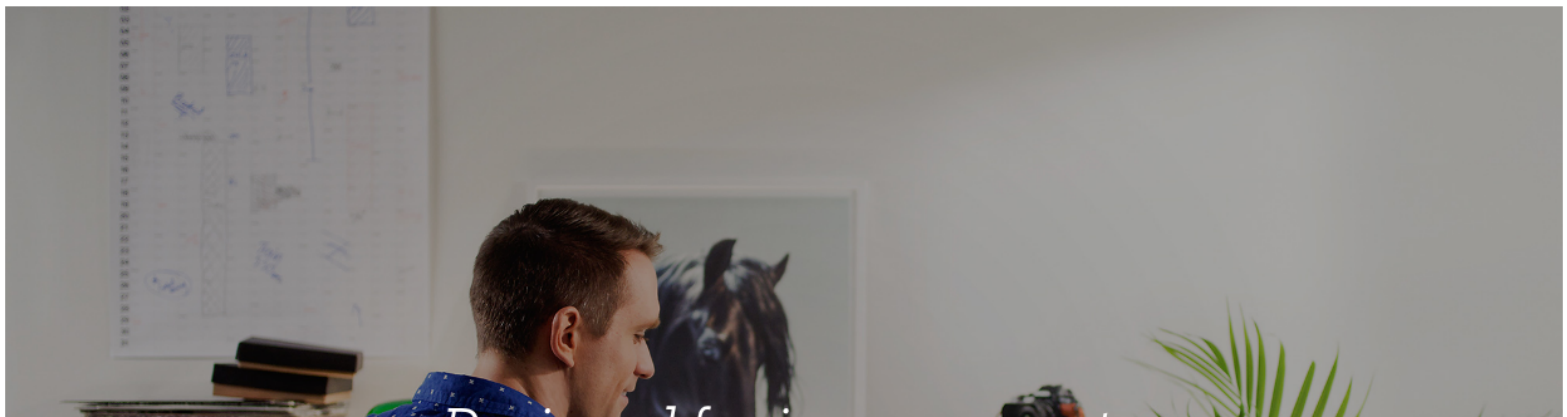


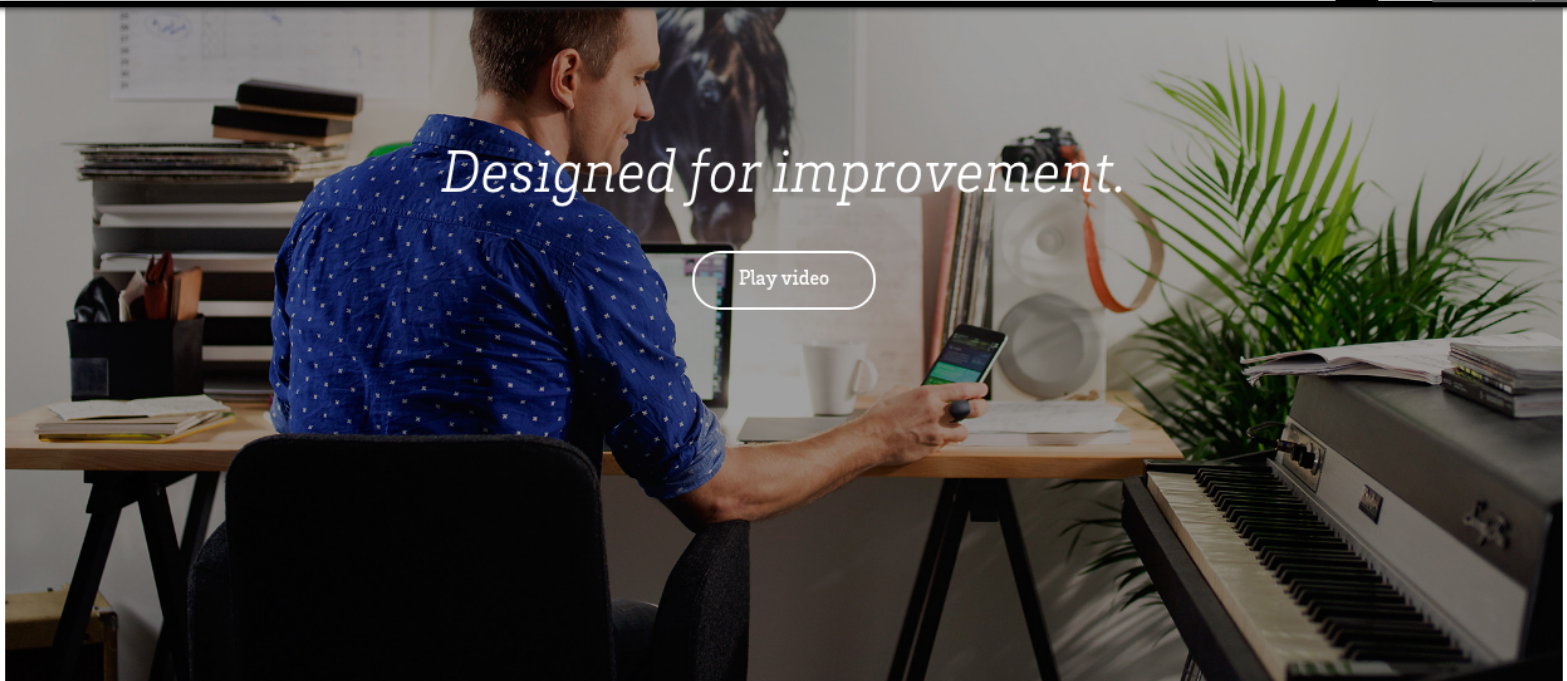
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Ōura is the culmination of three decades of pioneering research in the world's most advanced ways of interpreting your body. Its technology presents the cutting edge of

- heart rate based algorithm processing
- optoelectronic signal processing and biosignal detection
- analysis of activity, recovery, sleep and chronobiology





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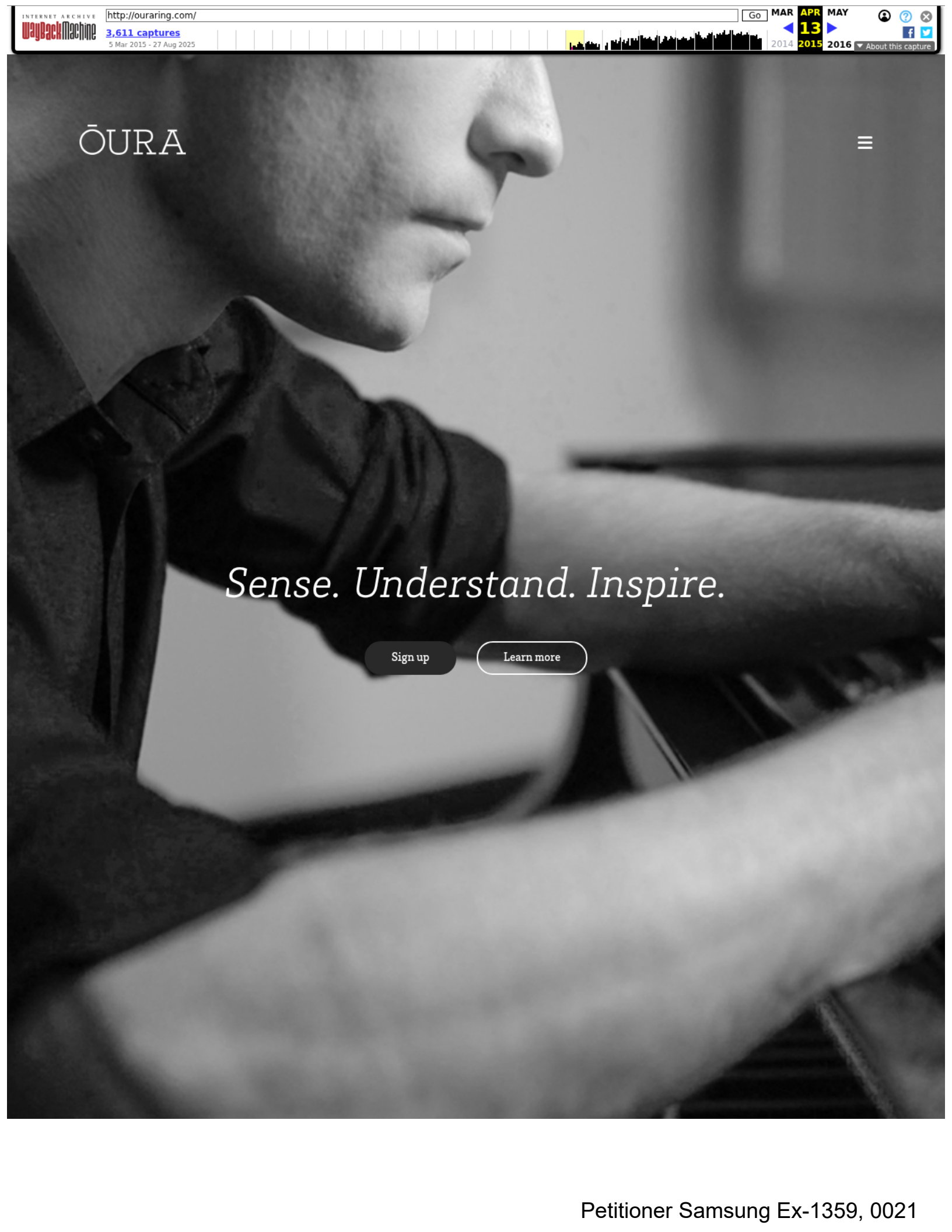
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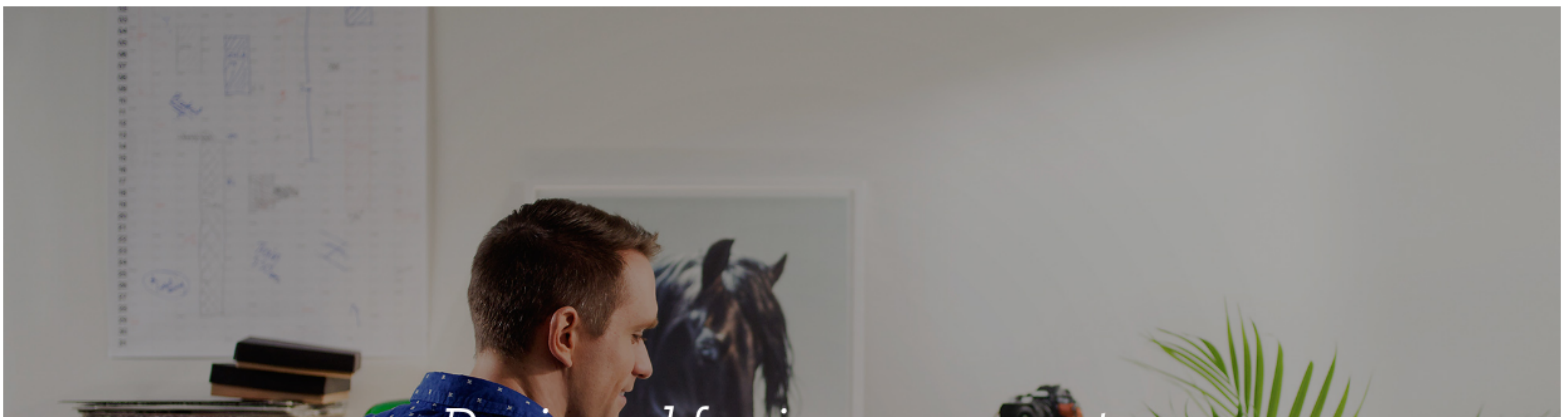
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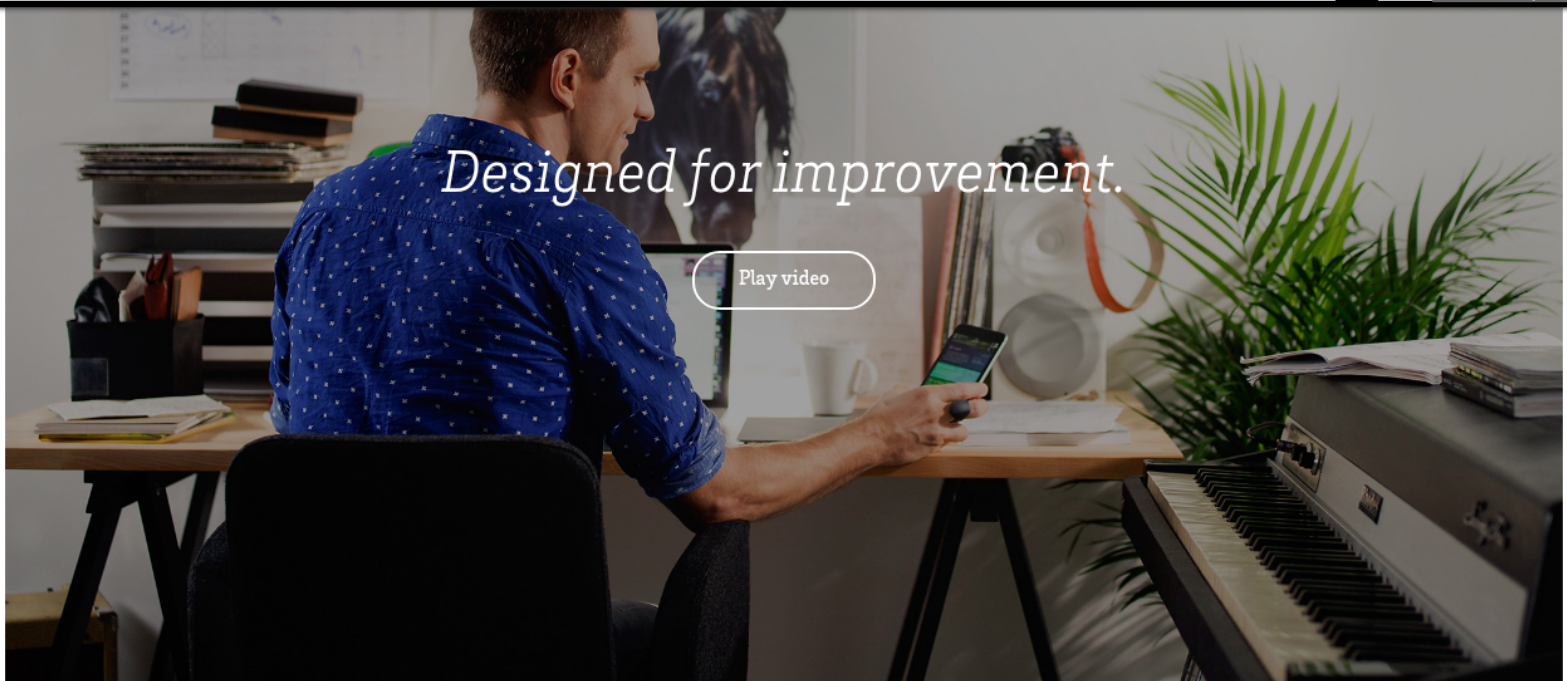


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Days of use with a short charge

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