

OURA

WHY SLEEP MATTERS

WHY OURA

HOW OURA WORKS

LATEST

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What Has Changed? | The New Oura Ring

Do you have the first Oura ring? If you want to know what has changed, what's new and what stays the same, you're in the right place. This article gives you an overview of the new Oura ring as compared to the first Oura ring.

The new Oura ring is now available for pre-order exclusively on [ouraring.com](#). Shipping starts in May 2018 (updated). The new ring will ship with an updated Oura app (iOS and Android). The first Oura ring will be compatible with the new app but some features will be available only with the new ring.

Here are the main differences:

- Smaller ring
- Better battery life: up to 7 days
- More memory and 10x more processing power
- More color and design options
- Gyroscope for enhanced activity tracking
- Wireless charging

Feature highlights:

- Circadian alignment guidance
- Sleep improvement programs
- On-demand heart rate and heart rate variability tracking for meditation or breathing exercises (update: coming later).

The new ring has a smaller form factor and an up-to 1-week battery life. The ring is made out of titanium with scratch-resistant DLC (diamond-like carbon) coating and is water resistant to 100 m. The prices start from \$299 / 314 €.

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What Stays the Same?

The new Oura ring helps you get more restorative sleep. The new ring has the same sensors as the first Oura ring, as well as a gyroscope and an improved body temperature sensor.

Like the first Oura ring, the new Oura ring tracks:

- Night-time ECG-level resting heart rate (RHR), Interbeat interval (IBI) and heart rate variability (HRV)
- Sleep stages (Deep, REM, light), sleep timing, duration and quality
- Respiratory rate, breathing variance
- Thermometer-level body temperature deviation
- Movements and daily rhythms
- Intensity, timing and length of physical activities
- Inactivity and sedentary time including alerts

The three Oura scores – Sleep, Readiness and Activity – remain at the heart of the Oura app. Furthermore, the Oura focus continues to be on sleep and recovery from mental and physical strain. As a result, the new ring will not track heart rate ²⁴/7 or heart rate during sports activities – similar to the first Oura ring. However, we have added a gyroscope for enhanced activity tracking based on movement. Gyroscope can be used to fine-tune, for example, activity intensities.

The new app will also have on-demand heart rate and heart rate tracking for use during meditation and breathing exercises. The ring automatically tracks restful moments, such as naps, during the day.

The Oura Solution: Ring, App and Oura Cloud

There are three parts in the Oura solution: the Oura ring, the Oura app and Oura Cloud, the online dashboard for more in-depth data analysis. Both the app and Oura Cloud are continuously evolving and we'll be adding more features and functionality over time.

The new Oura app for iOS is now available. The Oura app for Android will get a major update before the new ring starts shipping in May. The new Oura app will be compatible with the first Oura ring but, as said, some features will be available only with the new ring.



You can also add notes and tags that will help you keep track of what's happening during the day and how

You can also add notes and tags that will help you keep track of what's happening during the day and how it's affecting your body.

Here are some highlights from the new app:

- [Guidance on how to align with your circadian rhythm](#)
- Optimal bedtimes
- Naps and restful moments
- Notes and tags
- Long-term trends
- A new insights engine with more personalized feedback (the messages you get during the day)

Technical Specifications of the New Oura Ring

If you're a detail-oriented person, here are the technical specifications of the new Oura ring.

PRODUCT SPECS

- Dual-core arm-processor: ARM Cortex based ultra low power MCU
- In-ring memory to store data up to 6 weeks
- Water resistant: 100m / 328ft
- Bluetooth Smart, Airplane mode

MATERIAL

- Titanium with scratch resistant diamond-like carbon (DLC) coating
- 100% medical grade, seamless and non-allergenic inner molding
- Ultra light-weight

SENSORS

- Oura proprietary pulse waveform and pulse amplitude variation detection with infrared PPG sensor
- Body temperature sensor
- 3D accelerometer and gyroscope

METRICS

- ECG-level resting heart rate (RHR), Interbeat interval (IBI) and heart rate variability (HRV)
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DESIGN COLLECTIONS

- Three unique designs and three different color options, all with the same technical features and functionalities
- **Balance:** Black (\$299 / 314 €), Silver (\$299 / 314 €)
- **Heritage:** Black (\$299 / 314 €), Silver (\$299 / 314 €), Stealth (\$399 / 419 €)
- **Balance Diamond** (\$999 / 1049 €)

- 3D accelerometer and gyroscope

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Battery Life

- Up to one week with a single charge
- Wireless charging: charging time 20–80 minutes depending on how often you charge

What Next?

If you want to be among the first to experience the new ring, don't wait and [order now](#).

[The Philosophy Behind Oura](#)

[How Can I Sleep Better? | Sleep Goals for 2018](#)

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