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6 Months with the Oura Ring 4. The Truth No One Tells You



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@ShervinShares 3 months ago (edited)

Oura Ring 4: <https://ouraring.sjv.io/xL5Ro1>

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I Tested Apple Watch's Sleep Tracking (vs Sleep Lab): <https://youtu.be/mjOYhxLJP90>Apple Watch vs Oura Ring vs WHOOP 4.0 (This Is Best!): <https://youtu.be/zA4yiCmZu3U...>

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7



Reply



@myriam.3007 3 months ago

You've become one of my favorite youtubers. Thank you so much for your reviews. Cheers from France



23



Reply



• 1 reply



@joannareinelt219 3 months ago

Oura Rings are designed and manufactured in Finland and as data controller Oura is under the EU GDPR these are among the strictest in the world when it comes to privacy and user rights.



41



Reply



6 replies



@armandoleija 3 months ago

Man just wanna say thank you! Your videos make me WANNA do excersise and be concious of my good on date to

Be able to reach my goals!! Keep it up!



7



Reply



• 1 reply



@HeyDanHay 3 months ago

Video idea here lol! You should count all of the steps you take in a full day either by yourself or hire someone and track manually. Then also compare with each of your watches/devices to compare your "real" steps with your devices. 😄 would be interesting but a big ole crazy video!

👍 2 💬 Reply



@dapiddiboy 3 months ago

Thank you for the video! Got the whoop 4.0 2 weeks ago after watching a bunch of your reviews and I lo insightful.

👍 4 💬 Reply

▼ 2 replies



@lucycarola 3 months ago

I've had my Oura since 2023 after passing out in my place of work. It's totally worth it and I've progressed years above my cardiovascular age, to 7 since. I've had other wearables, but noticed that all my docs had Apple Watches. It's truly the most accurate. I feel it's kinda saved my life as it caught on a few things that while I slept that my doctors had never caught even w sleep studies. For context, I have multiple autoimmune diseases.
[Read more](#)

👍 8 💬 Reply

▼ 1 reply



@TrekandReflect 2 months ago

i'm covered in tattoos have had heaps of issues with whoop even using the tricks and specialised firmware getting this ring. as palms ain't tattooed :) thanks for the video

👍 3 💬 Reply



@whitleeeeeee 1 month ago

Just ordered my first Oura ring! Thx for the info! Love your vibe. Quickly followed 🥰

👍 1 💬 Reply



@chuckkokoska520 1 month ago

Excellent review. The best I've ever seen. Thanks Chuck

👍 1 💬 Reply



@jamesr2155 2 months ago

Thanks for reviewing. Gross that have to have subscription. Was so tempted to buy it.



1



Reply



@SlicedSlappy 3 months ago

I'm getting one. But don't care about steps. Just having something that's more comfortable and offers c reading for 8 days battery is a plus. Better than a watch for bed. Your true fitness or health will revolve a data measurements and the more data you can feed it the better. I like my watch to find my iPhone and but that's it. I can never get into the habit of constantly charging it to wear to bed



3



Reply



@blekdregen 3 months ago

Ultrahuman air vs Oura4 please!



18



Reply



• 5 replies



@SeanLloyd 3 months ago

Congratulations on almost 200k! I'm interested for the Q&A to find out how you make a living from YouT subscriber base, all the while affording all these devices and the steep cost of living in New York? I'm frc and something like an Apple Watch Ultra is 4 months of minimum wage salary, or one months salary sa sports brand here managing orders and customer service. We also don't have anyone really creating cor

Read more



1



Reply



@MoiGaonburha 2 weeks ago

9:35 my man is single, he is.



1



Reply



@CharlesWashington-d3j 3 months ago (edited)

Happy you did this. Getting mine in a few months as a wedding band. Would love for you to talk about u finger!



Reply



@tylortap 3 months ago

we gotta get this man to 200K subs!



2



Reply



@DaleYuzuki 3 months ago

Thanks for this comprehensive review - very helpful!

Reply



@HealthyCareMaster 3 months ago

I think the advantage of a smart ring is that it lacks the heavy foreign object sensation of watches or wristbands. Plus, rings have longer battery life and look better aesthetically as decorations. I have other advantages at the moment.

The smart ring's role comes into play when you want to wear both a regular watch and a wristband.

1 **Reply**



@andrewdopliko 3 months ago

Very nice review! By the way, this zip sweater looks awesome! May you share its brand and model, please find it 😊

5 **Reply**

▼ • 1 reply

@catherinesoucy6911 3 months ago

Amazing video, as usual! Thank you :) can't wait to see what you have to say about the Luna Gen 2

Reply

@x1928 3 months ago

Honestly as soon as I heard you say monthly subscription I stopped watching. That's just a no for me. Cost after money first.

111 **Reply**

▼ 10 replies

@rojasotw 3 months ago

Love the insight on the ring!

Reply

@gabytorres.creative 2 months ago

Can you do an updated video of Oura ring vs Ultrahuman? I feel like UH has improved a lot in the past year

3 **Reply**

✓ 1 reply

@JustMikeyB 3 months ago

My family and I really enjoy all your videos! My 3 month old boy is already obsessed with watching TV and we say come on lets watch Shervi lol I swear hes gonna say Shervi before dada lol

👍 3 💬 Reply

@jeanw9977 3 months ago

Hey, how about a ring dedicated only to fall alerts for seniors? Just sayin:... Please tech folks, you've got health data is great, but a light weight ring seniors can wear that alerts "whoever" to a fall would be amazing and affordable. No subscriptions. Apple watch/Samsung watches have this alert. Make it a ring!

👍 6 💬 Reply

✓ 2 replies

@johaneberry1532 3 months ago

Excellent review!

👍 💬 Reply

@innerlijkekrijger 3 weeks ago

Would love to see the difference on different fingers! Please like! so legend Shervin can make a video about it!

👍 💬 Reply

@jenwood6405 16 hours ago

I got a free lifetime membership when I went from generation one to two. I think they offered it to early members!

👍 💬 Reply

@RAFLAMOLAO 2 months ago

Lmao people not buying it because of a \$7 a month is just crazy hahahaha! But they spend \$50+ a month on other things!

👍 9 💬 Reply

✓ 5 replies

@jakubkowalik5566 3 months ago

Got UltraHuman first, then faced insane incorrect data from it, the support didn't care, changed to Oura 4 back. Despite monthly subscription, I feel like Oura is a finished product with useful features unlike UltraHuman. I'm wrong, the UltraHuman ring has a good potential, but it's not ready to be released to the public with so many build issues.

 5  **Reply**

✓ **3 replies**

@doop2541 3 months ago

Great for sleep tracking and HRV, but stinks at any activities including just walking. Also, their insights on readiness are crap because you can't wear it lifting weights or biking or rowing. So it tells me my activity dropped...and yet I am not getting enough recovery time. Too late to return. At least I like how it looks. Love it.

 4  **Reply**

@ahmada_76 3 months ago

I've already watched 3 of your videos thank you for the great content and insight. If I may I do have a question. Can I wear the Apple Watch and the Oura 4 without worrying about the way both report calories and steps and heart rate? Thank you

  **Reply**

@vukasinjevrelovic554 3 months ago

Up front payment plus subscription is too much. They should do one or the other

 2  **Reply**

@Bells12455 3 months ago

The man wants comments- so here u go!

 1  **Reply**

@Stealthther 7 days ago

I wanted to like the Oura ring but it looks a bit clunky so I went with the Woop strap and plan to just buy a new one. I might make it slimmer and maybe offer it with a DLC finish I might switch.

  **Reply**

@Brandencarroll1 3 months ago

I appreciate and respect you making this video, but there wasn't any real data in terms of the accuracy I Quantified Scientist is the only one I've found who does this unfortunately. A lot of people find you video keep doing what you're doing!

  Reply

@sportsncars98 1 month ago

Daaamn Shervin, please send me the link to ur zebra style jacket!! It's sicko

 1  Reply

✓ 1 reply

@Emerson_Grey 3 months ago

Can you do one on the Apple Watch Ultra Series 1? They're affordable on the market now, but I do have r the analytics and apple support. Would be interested to hear your take.

  Reply

@IleniaCore 3 months ago

I like the idea of the ring, i am considering to buy the gen 3 since my apple watch is getting old and I dor watch. But i am not sure. I would like to have a ring that track everythings good...

  Reply

