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Oura Ring 4 vs. Oura Ring Gen 3: Should you upgrade?

Versus

By [Derrek Lee](#) | Contributions from [Christine Persaud](#) last updated February 18, 2025

What are the differences between the Oura Ring 4 and Oura Ring Gen 3?

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Oura Ring 4

\$289 at Walmart

\$296.65 at Amazon

\$349 at Target

Smarter sensing

The Oura Ring 4 builds on the success of its predecessor by adding better sensing technology for improved accuracy and battery life. Plus, the all-titanium build looks quite good in any color.

Pros

- All-titanium build
- 8-day battery life
- 12 sizes
- Improved health-monitoring accuracy
- Automatic activity detection (AAD) with HR data

Cons

- No Find My Ring for Android
- Only one style

Oura Ring Gen 3

\$249 at Amazon

\$289.86 at Amazon

Trendsetter

The Oura Ring Gen 3 started it all and continues to impress years after it launched. Even with the newer Oura Ring 4, the Gen 3 model is one of the best smart rings on the market, with an impressive array of features and a great app experience.

Pros

- Two styles
- Great health-tracking features
- Week-long battery
- AAD is impressive when it works

Cons

- Charger looks/feels cheap
- Raised internal sensors may be uncomfortable
- Fewer signal pathways for health monitoring

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When you think about smart rings, despite the fact that there are so many other companies big and small making them, Oura is the top brand that comes to mind. The company's latest model is the Oura Ring 4. But what really kicked off the wearable craze was the previous-generation Oura Ring Gen 3. it sports an impressive feature set, battery life, and small size.

If you're finally ready to get on board and you have decided to stick with Oura, you might be wondering if you should go with the older Oura Ring Gen 3 or splurge for the newest model. If you aren't new to the smart ring game and already own an Oura Ring Gen 3, you might also be considering upgrading, but need to know first if it's worth it.

We are here to help with this detailed comparision of the Oura Ring 4 vs. Oura Ring Gen 3. Hint: the answer isn't as simple as you may think.

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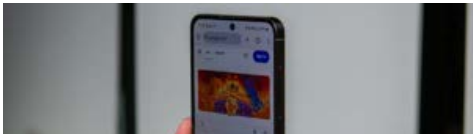
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Oura Ring 4 vs. Oura Ring Gen 3: Design



(Image credit: Derrek Lee / Android Central)

At first glance, the [Oura Ring 4](#) doesn't look all that different from the Oura Ring Gen 3. The newer model takes after the Horizon style of its predecessor, which features a fully circular design, while the older Heritage style has a flatter "top" section. Where the rings differ, however, is in the materials and the sensors.

Unlike the Gen 3, which has a titanium exterior and an epoxy interior, the Oura Ring 4 has an all-titanium design, which should improve overall durability. In addition, the sensors are now flush with the interior, whereas the [Oura Ring Gen 3](#) has three raised bumps where the sensors go. Having them flush should make the ring more comfortable to wear.



(Image credit: Derrek Lee / Android Central)

While the Heritage style Oura Ring Gen 3 only comes in four different colorways and finishes, the Horizon style has six options, which correspond with the [Oura Ring 4 color options](#). That includes black, silver, Brushed Titanium (Brushed Silver for the Oura Ring 4), Stealth, Gold, and

Rose Gold. What you pay for the ring will depend on the color you choose, and for the Gen 3, it will also depend on the style. For comparison, the most expensive Oura Ring 4 colors are \$50 cheaper than the most expensive Gen 3 colors, although the cheapest model is \$50 more expensive.

Aside from the all-titanium design, the Oura Ring 4 has the same [waterproof protection](#), meaning it should be safe at depths up to 100 meters. The Oura Ring 4 is also available in more sizes than its predecessor, and the width has remained the same, although the thickness lies somewhere between the two Gen 3 styles, while the weight has been reduced overall.

Oura Ring 4 vs. Oura Ring Gen 3: Specs



(Image credit: Derrek Lee / Android Central)

Spec-wise, the Oura Ring 4 is actually pretty similar to the Oura Ring 3, with some differences in battery life, size options, and sensor layout (as well as the specific type of sensors).

Swipe to scroll horizontally



Category	Oura Ring 4	Oura Ring Gen 3
Materials	Titanium with physical vapor deposition (PVD) coating or Diamond-like Carbon (DLC) coating (Stealth)	Titanium exterior, epoxy interior
Protection	Water resistant at a depth of 100m/328ft	Water resistant at a depth of 100m/328ft
Sensors	Red, green, and infrared LEDs (heart rate, blood oxygen)	PPG sensors, red and green LEDs (heart rate, blood oxygen)

	Digital temperature sensor	NTC sensor (nighttime temperature)
	Accelerometer	Accelerometer
Battery	Up to 8 days, up to 80-minute charge time	Up to 7 days, up to 80-minute charge time
Connectivity	Bluetooth LE	Bluetooth LE
Platform support	iOS (Apple Health), Android (Health Connect)	iOS (Apple Health), Android (Health Connect)
Dimensions	Width: 7.9mm	Width: 7.9mm
	Thickness: ~2.88mm	Thickness: ~2.7mm (Heritage), ~2.9mm (Horizon)
Weight	3.3-5.2g (depending on size)	4-6g (depending on size)
Sizes	4-15	6-13
Colors	Black, Brushed Silver, Gold, Silver, Rose Gold, Stealth	Black, Silver, Stealth, Gold, Brushed Titanium (Horizon only), Rose Gold (Horizon only)

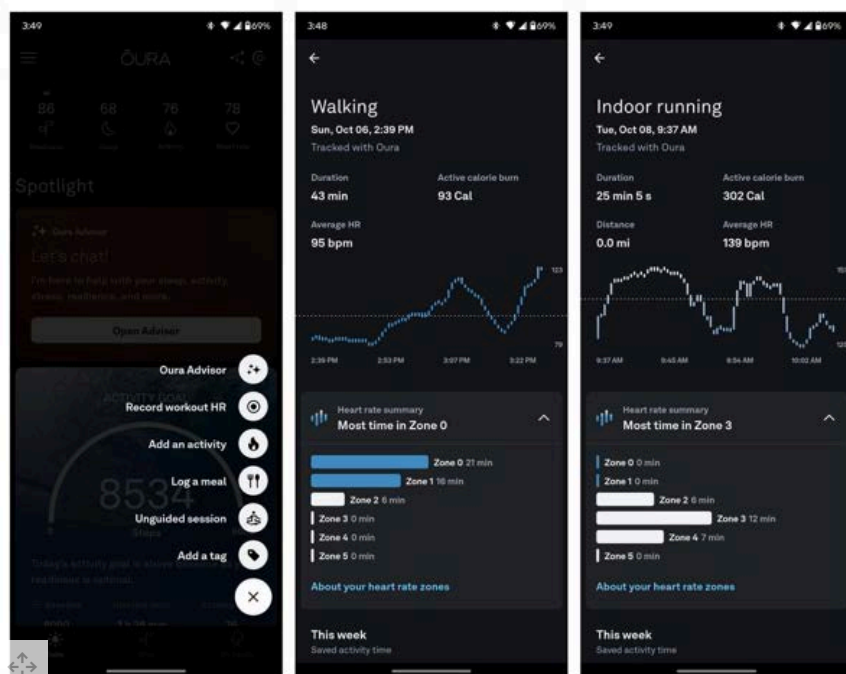
Oura Ring 4 vs. Oura Ring Gen 3: Health tracking



(Image credit: Derrek Lee / Android Central)

Both smart rings feature the standard set of health tracking features, including heart rate monitoring, SpO2, heart rate variability (HRV), temperature, and more. The Oura Ring Gen 3 featured superb health tracking features with the help of its sensor array and algorithms. The ring even supports automatic activity detection, meaning it can detect various activities based on your movements. However, its features are somewhat limited, with automatically tracked activities only showing limited information such as calories.

The Oura Ring 4 improves [Automatic Activity Detection](#) by including heart rate data when the ring automatically detects certain activities. You'll get a graph of your heart rate, your average HR, and a view of your heart rate zones while the activity was being detected, useful information for people seeking a more active lifestyle.



(Image credit: Derrek Lee / Android Central)

While the Oura Ring Gen 3 is fairly accurate (although step counting is hit or miss), the Oura Ring 4 should prove more accurate when measuring things like blood oxygen levels. This is thanks to Oura's new Smart Sensing technology, which takes advantage of the new sensor array on the Oura Ring 4. Instead of static signals, the algorithm can find optimal pathways while on your finger to ensure it's as accurate as possible, even as the ring shifts around. Oura says this is also aided by the all-titanium build on the new ring, and it has more than double the number of pathways.

With smart sensing, the Oura Ring 4 should also be able to respond better to people with different finger physiology, meaning users across genders, skin tones, and ages will benefit from better accuracy.

As a result, the Oura Ring 4 is 30% more accurate with blood oxygen

readings than the Oura Ring Gen 3. You'll also find better heart rate monitoring with fewer gaps throughout the day and overnight.

Oura Ring 4 vs. Oura Ring Gen 3: Which should you buy?



(Image credit: Derrek Lee / Android Central)

Truth be told, both smart rings are at the top of their class when you consider the Oura Ring 4 vs. Oura Ring Gen 3. The Oura Ring 4 is obviously the better ring, but the Oura Ring Gen 3 is still no pushover, and both devices easily best other [competing smart rings](#). That said, if you had to choose between these two, I would recommend buying the Oura Ring 4, and here's why:

The Oura Ring Gen 3 launched in 2021 and has been able to [add plenty of new features](#) to its repertoire, proving that smart rings have the kind of longevity and flexibility that doesn't require yearly model updates like a [smartwatch](#). However, it's been a few years already and the Oura Ring Gen 3 is seemingly at the end of the line. Oura says that it will continue to sell the Gen 3 but at a discount, and once stock runs out, that's it.

Meanwhile, given what we know about the Gen 3, the newer Oura Ring 4 will likely receive the same treatment, receiving new features while it's available (and perhaps beyond). So, with the Oura Ring 4 having launched last year, this is probably the best time to get one.

However, it's a little different if you already *have* the Gen 3. Oura doesn't offer any upgrade perks or discounts, so there's no real pathway to "upgrade" your ring besides outright buying a new one. And while that may seem tempting (if you have the money, go for it), you're probably best sticking with the Gen 3 until it completely dies.



Oura Ring 4

\$289 at Walmart



\$296.65 at Amazon

\$349 at Target

The lord of the smart rings

The Oura Ring 4 is a fantastic smart ring and perhaps the current new best. Not only does it have an improved design and sensor accuracy, but it also has a longer battery life and more available sizes to fit more people.



Oura Ring Gen 3

\$249 at Amazon

\$289.86 at Amazon

Still a great ring

The Oura Ring Gen 3 may be a few years old, but it remains one of the best smart rings on the market and perhaps one of the best health-tracking wearables, thanks to the bevy of sensors and the impressive companion app that continues to add more features.

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Derrek Lee



Managing Editor

Derrek is the managing editor of Android Central, helping to guide the site's editorial content and direction to reach and resonate with readers, old and new, who are just as passionate about tech as we are. He's been obsessed with mobile technology since he was 12, when he discovered the Nokia N90, and his love of flip phones and new form factors continues to this day. As a fitness enthusiast, he has always been curious about the intersection of tech and fitness. When he's not working, he's probably working out.

With contributions from [Christine Persaud](#) Contributor

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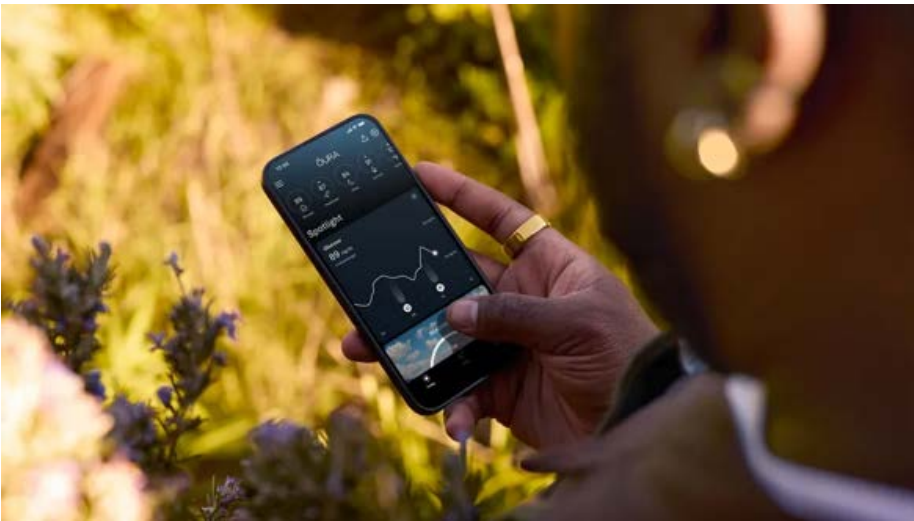




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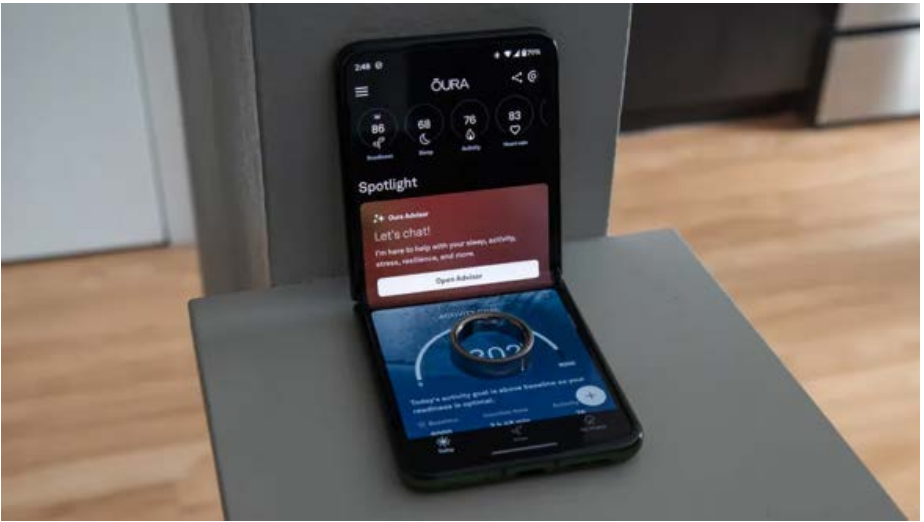


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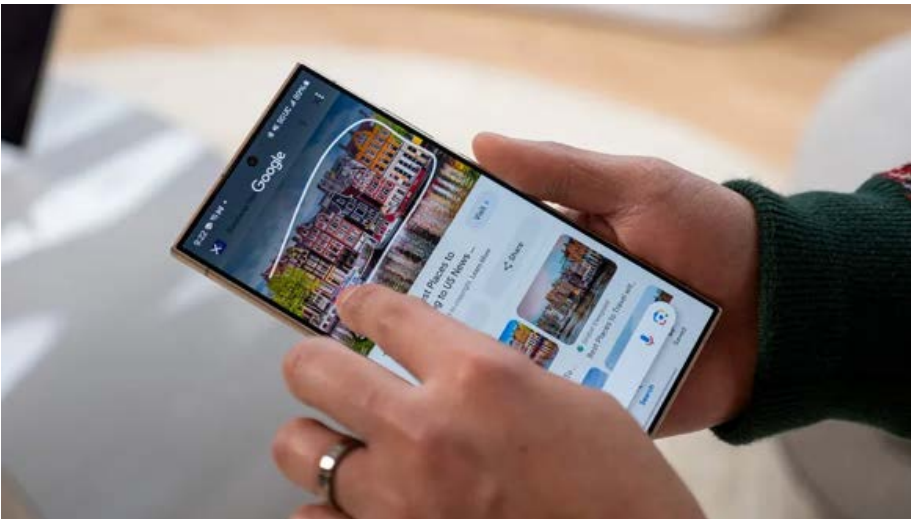


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