

The New Oura Ring: Track Naps, Advanced HRV Tracking, Personalized Sleep Typing, Client Dashboard Feature & Much More

[Affiliate Disclosure \(/affiliate-disclosure\)](/affiliate-disclosure)



November 30, 2017

It's no secret that the [Oura](https://bengreenfieldfitness.com/newoura) (<https://bengreenfieldfitness.com/newoura>) ring is my #1 c quantification, due to a huge number of variables, including...

...[extreme "out-of-the-box" ease of use](https://bengreenfieldfitness.com/podcast/what-is-) (<https://bengreenfieldfitness.com/podcast/what-is->

...the fact that it [doesn't produce a cell-damaging WiFi and Bluetooth signal](https://bengreenfieldfitness.com/podcast/is-bluetooth-radiation-dangerous/) (<https://bengreenfieldfitness.com/podcast/is-bluetooth-radiation-dangerous/>)...

...the [extreme sleep tracking accuracy](https://bengreenfieldfitness.com/article/self-quant-articles/the-oura-self-quantification-ring/) (<https://bengreenfieldfitness.com/article/self-quant-articles/the-oura-self-quantification-ring/>) that beats the pants off any other tracker on the

...the new Oura "team" dashboard that allows coaches to monitor an entire team or person monitor all their clients...

And, as of today, I'm pleased to announce that the new Oura ring has arrived. Keep reading on this beautiful new wearable that allows you to track body temperature, heart rate variability, steps, respiration, extremely accurate sleep cycles and much, much more.

[The New Oura Ring](https://bengreenfieldfitness.com/newoura) (<https://bengreenfieldfitness.com/newoura>)

The new [Oura](https://bengreenfieldfitness.com/newoura) (<https://bengreenfieldfitness.com/newoura>) ring is small (like a wedding ring), beautiful and personal. It's the world's most advanced smart wearable that tracks your recovery. Here's what the Balance Diamond model looks like:



The new [Oura](https://bengreenfieldfitness.com/newoura) (<https://bengreenfieldfitness.com/newoura>) ring builds on the success of the previous ring: but with a smaller form factor, better battery life and ever-evolving companion app and dashboard. In a nutshell, the features include:

-Smart ring with up to one-week battery life

-Wireless charging

-Proprietary pulse waveform detection, body temperature sensor and 3D accelerometer ar

-Advanced sleep tracking

-Chronotype detection (e.g. your [based on your personalized sleep type](https://bengreenfieldfitness.com/podcast/the-best-time-of-day-to-exercise/) (<https://bengreenfieldfitness.com/podcast/the-best-time-of-day-to-exercise/>)) and Circadian guidance

-Sleep improvement programs to make guided behavioral changes in a personalized way

-Water-resistant to minimum 50m (100m and 200m in testing)

The cover material of the new ring is titanium. The seamless inner molding is medical grade material like in the first [Oura](https://bengreenfieldfitness.com/newoura) (<https://bengreenfieldfitness.com/newoura>) ring. And yes, I've done workouts such as barbell lifting, kettlebell swinging and pull-ups with no issues whatsoever.

The new [Oura](https://bengreenfieldfitness.com/newoura) (<https://bengreenfieldfitness.com/newoura>) ring comes in three design collections and several color options for you to choose from: Balance (Black, Rose and Silver), Heritage (Black and Stealth) and Balance Diamond. Price points are \$299, \$399 and \$999 for each of those.

The New Oura App

With active users in over 50 countries and over a million nights & days tracked and billions recorded in the Cloud, [Oura](https://bengreenfieldfitness.com/newoura) (<https://bengreenfieldfitness.com/newoura>) is now also in a new app to provide highly personalized guidance and help individuals improve their sleep, recover better and perform for whatever they are aspiring for in their life.

The three Oura Scores (Sleep, Activity, and Readiness) continue to be in the heart of Oura's new app. With the new ring, they're moving even further towards personalized insights, mirroring a massive database for unique findings and helping users do the right thing at the right time. Some features of the new app include a slew of much-requested features, including but not limited to::

-A redesigned interface with fresh visuals and a focus on both an actionable daily overview and long-term trends.

-Advanced sleep and recovery tracking: notes and tags, calendar view, comparing contributions and correlations between different factors.

-More personalized messages: based on the user's long-term data in the cloud

-Circadian alignment and chronotype detection: finding what bedtime and wake-up times sleep quality and readiness

-Tracking restful moments on-demand: including naps, meditation breathing or relaxation and post-exercise recovery tracking

-A web-based dashboard for teams, coaches, and personal trainers

Together with the new [Oura ring](https://bengreenfieldfitness.com/newoura) (<https://bengreenfieldfitness.com/newoura>), Oura is also introducing a web-based dashboard for teams, coaches, personal trainers or research groups. This feature allows organizations and teams to utilize the power of Oura Cloud – their web-based dashboard for data tracked with the Oura ring. For example, personal trainers, coaches, and doctors can invite their group and see an overview of their client's metrics in one place. All clients have to do is share their data, wear the ring and sync it to the Oura app. The data is automatically synced to Oura Cloud and the web-based dashboard for teams and groups.

Pretty nifty, eh?

Summary & How To Get The New Oura Ring

The new [Oura](https://bengreenfieldfitness.com/newoura) (<https://bengreenfieldfitness.com/newoura>) ring officially launched today at \$249.99 – and shipping starts in April 2018 to 50+ countries.

Any early birds who read this announcement you're now reading will be first in line to receive the ring and secure the lowest price. You will be among the first customers to receive the ring once shipping. Oura wanted to offer the most aggressive discounts right after the launch and give them to our current customers and readers of this blog.

So here's how to get your Oura ring now.

Get your ring [HERE](https://bengreenfieldfitness.com/newoura) (<https://bengreenfieldfitness.com/newoura>).

Do you have questions, thoughts or feedback about the new Oura ring? Leave your comments below and we will reply!