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Oura Ring 4 is our most personal, accurate, and comfortable smart ring yet.

With scientifically validated sensing capabilities, Oura Ring 4 is built around [Smart Sensing](#), a breakthrough technology that adapts to your unique physiology to deliver accurate, continuous data.

Featuring recessed sensors and a fully titanium inner and outer coating, Oura Ring 4 is sleeker and more comfortable than ever to wear all day long, from workout to night out. In keeping with our mission to make health a daily practice for *every* body, Oura Ring 4 is also available in a wider range of sizes—now extending from size 4 to size 15.

Sleeker. Smarter. Made for you.

[Shop Oura Ring 4](#)

Furthermore, all Oura members with an Oura Ring Gen3 or Oura Ring 4 will experience upgrades to several features, including Daytime Stress, Automatic Activity Detection, and Cycle Insights, as well as a newly [redesigned Oura App](#).

“Oura Ring is designed to be a personal health companion, giving our



Crafted with precision, the [accuracy of Oura Ring](#) has been validated by research institutions across the globe, such as the University of Tokyo and the [National University of Singapore](#). In Oura Ring 4, the new Smart Sensing technology provides an unparalleled degree of accuracy and personalization.

This breakthrough health sensing platform works with the ring's research-grade sensors to learn your unique physiology. The multiple sensors inside the ring form an 18-path multi-wavelength photoplethysmography (PPG) subsystem to provide highly accurate, continuous biometric data, including resting heart rate, [sleep stages](#), [heart rate variability \(HRV\)](#), temperature trends, and more, throughout the day and night.

LEARN MORE: [Smart Sensing: Unparalleled Accuracy and Personalization in Oura Ring 4](#)

A Wearable That's Truly Wearable, Day and Night

coating inside and out, it's gentle to the touch, even on sensitive skin, and slips on and off your finger with ease.

Plus, the powerful health sensors are now recessed, reducing friction and pressure on your fingers when shaking hands or gripping objects. With the lower profile and advancements in comfort of Oura Ring 4, you might even forget you're wearing it—until the compliments start coming.

Choose from Expanded Sizes & Stunning Finishes



Find the right fit for you *and* your personal style. Oura Ring 4 comes in an expanded range of sizes (4-15), the widest size range available on the smart ring market. Select from six gorgeous finishes, including a new, deep black that's more durable than before.

LEARN MORE: [Inside the Ring: The Making of Oura Ring 4](#)



Never miss a beat. Oura Ring 4 delivers up to eight days of battery life on just a single charge, and fully charges in up to 120 minutes, depending on current battery level.*

Plus, the charger itself has been redesigned, with an aluminum body and grippy mat on the bottom that provides more stability and improved anchoring as it charges your ring.

Experience a Redesigned Oura App

Currently rolling out to all members, the award-winning Oura App has been redesigned to bring your short- and long-term health into focus, with three new, streamlined tabs: Today, Vitals, and My Health. This easier-to-navigate setup provides an at-a-glance view into your holistic wellness data on a daily basis and trends over time.

READ MORE: [Introducing the New Oura App Design](#)



Over time, we’ve significantly invested in improving our software experience. As of October 3, 2024, new software updates will begin rolling out to both Oura Ring 4 and Gen3 members.

[Automatic Activity Detection \(AAD\)](#) now includes **average heart rate and heart rate zones for 40+ activities**, automatically giving you a more comprehensive view of your movement throughout the day.

[Cycle Insights](#) now includes **Fertile Window**, a new feature that gives women who are trying to conceive even more information about their cycle and their fertility journey.

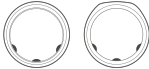
[Daytime Stress](#) now provides more context about the relationship between your daytime stress levels and your tags, movement, and activities. This will help you understand how your daily habits affect your stress and your recovery.

Oura Ring 4 vs. Oura Ring Gen3

How does Oura Ring 4 compare to Oura Ring Gen3? The comparison chart below provides specifics, such as the difference in material and design, the sensing platform, and sizing.

In addition, Oura Ring 4 is now capable of storing up to two weeks of data, depending on the type and frequency of use.

Compare Oura Ring Models

Style	 Oura Ring 4	 Oura Ring Gen3
Design & Material	Fully titanium exterior & interior Recessed interior sensors at 0.3mm	Titanium exterior, epoxy interior Raised interior domes (sensors) at 1.3mm
Sensing Platform	Accuracy is powered by Smart Sensing that dynamically selects the optimal signal path	Measurements powered by a fixed, static configuration of optical paths

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