

FLASH SALE

Our most *personal*
smart ring ever

A new era of unparalleled accuracy and comfort helps you get up close and personal with your health like never before.

Choose Your Oura Ring 4

 HSA/FSA eligible

Why Oura

How it Works

For Business

Choose Your Oura Ring 4

Menu

Petitioner Samsung Ex-1153, 0001

Sleeker, smarter, and *made for you*

Expertly crafted for quality and precision, Our Ring 4 provides valuable insights into your holistic health — sleep, activity, stress, heart health, cycle and more.

[See Tech Specs](#)

Incredible comfort
for 24/7 wear

[▶ See How It's Made](#)

Fully titanium

Made of lightweight, durable titanium —
inside and out.

Discreet sensors

Non-allergenic

Live healthier, longer

Oura Membership and Oura Ring work hand-in-hand, empowering you to prioritize your long-term health goals and build healthy habits that will last a lifetime. Personalized insights from Oura help you understand what your body needs, for today and for your future.



iOS & Android Compatible



A finish for every
lifestyle

Choose your Oura Ring



Oura Membership grows
with you

Oura Membership translates your body's data into actionable insights personalized to your unique needs. With Innovative, AI-powered tools like Oura Advisor, get exclusive access to actionable insights that become increasingly tailored over time.

Become a member for \$5.99 USD/month or \$69.99 USD/year - and new members get your first month on us¹.



Sleep



Activity and Fitness



Readiness



Stress



Heart Health



Women's Health

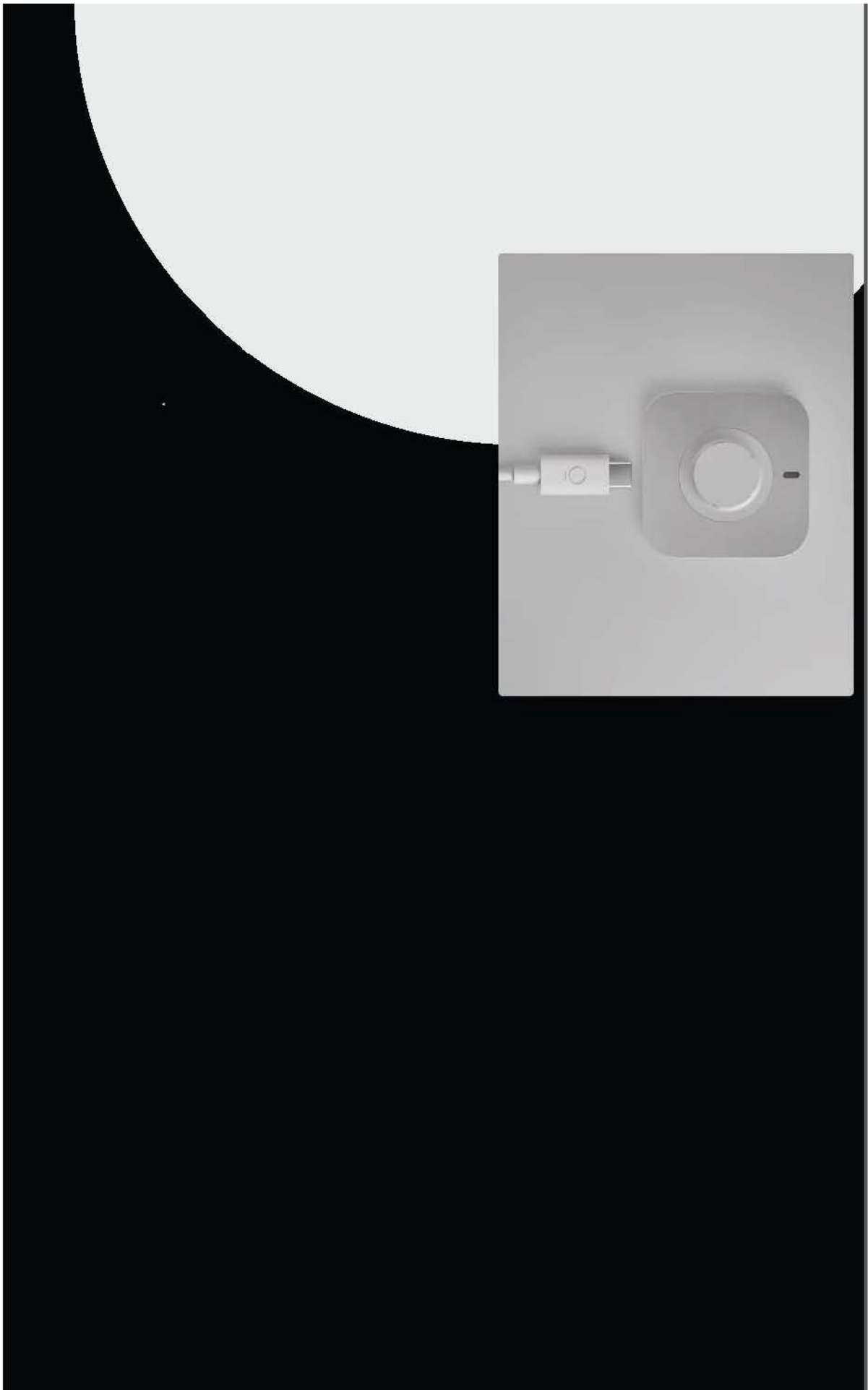
Our most advanced smart ring yet

See how it compares with Oura Ring Gen3.

[Compare Oura Ring Models](#)

[Upgrade FAQ](#)





Flexible Payment Options



* All battery claims depend on Oura Ring size, Oura App settings, feature configuration, activity, age of battery, usage, and many other factors; actual results will vary. Battery life and charge cycles vary by use and settings. Battery tests were conducted across various sizes and scenarios. See [Ring Battery Tips](#) for more information.
** \$5.99 USD/month or \$69.99 USD/annually before tax for US members, €5.99/month or €69.99/annually after tax for EU members, \$9.99 AUD/month or \$109.99 AUD/annually after tax for Australian members, \$7.99 CAD/month or \$89.99 CAD/annually before tax for Canadian members, ¥999/month or ¥11,800/annually after tax for Japanese members, £5.99/month or £69.99/annually after tax for UK members, \$6.99 USD/month or \$79.00 USD/annually after tax for rest of world.

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