

# IMPORTANT INFORMATION ABOUT YOUR ŌURA RING



## How to Pair your Ōura Ring

01. Unbox your ring and place the ring on the charger. The charger will blink blue when the ring is ready to be paired.



02. Sign into the Oura app and ensure your Bluetooth is enabled.



03. Follow the in app instructions and then start using your Oura Ring!



## What do I need to know about my Oura Ring?

### Syncing Your Data

In order to get the full benefit of your ring, remember to open up your Oura App each morning and wait for your ring to sync via Bluetooth. You will know the sync is complete when you see your Readiness and Sleep scores.

### Charging Your Ring

When the ring is connected via bluetooth, you can see your ring's battery level by clicking the circle in the top right corner of your Oura app. Your app will remind you when to charge to ensure no data loss.

### Optimize Battery Life

Your Oura ring battery should last 4-7 days with a full charge as long as SpO2 monitoring is switched off. Once your ring is paired; simply tap the menu (≡) in the upper left corner of the app, tap Breathing regularity, and toggle the switch off.

### Wearing Your Ring

We recommend wearing your ring 24/7 to get all the benefits of the ring. The ring is water resistant up to 100m and is made of lightweight titanium making it durable and wearable for daily life.

## What are we measuring?

### Activity

Your ring analyzes your daily movement, how much rest you're getting, and more.



### Sleep

Your ring analyzes your deep sleep, REM sleep, light sleep, nightly heart rate, bedtime schedule, and more.



### Stress

Your ring analyzes how your body responds to stress, recovers from stressful experiences, and more.

