Product Safety & Use

This article outlines best practices, key information, and safety information to keep in mind while using your Oura Ring.

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General Use

You can wear your Oura Ring 24/7. It's built for all-day comfort.

We don't recommend wearing your Oura Ring adjacent to other rings as this may cause discomfort or unintended scratching.

We recommend wearing your Oura Ring on your non-dominant hand. By doing so, you'll limit friction (and scratches to your ring) with items and surfaces you grab and touch each day.

The Oura Ring is water-resistant up to 100 meters (~330 feet), meaning that you can wear it while showering, swimming, or partaking in recreational diving (*e.g. snorkeling*), but we don’t recommend using your ring while scuba diving or keeping it submerged underwater for over 12 hours.

Oura Ring operating temperature ranges from -10–52°C / 14–125°F. You can safely wear your ring in the shower, hot tubs, saunas, ice baths, and cryotherapy tanks. However, extended exposure to extreme temperatures (below -20°C / -4°F or above 60°C / 140°F) may lead to battery damage.

For more product specifications, see Oura Ring 4 and Oura Ring Generation 3.

Oura employs data encryption, which ensures secure pairing of your ring and app. This means your personal data will be kept fully secure in case an external party ever gets a hold of your ring.

The Oura App is available on the App Store and Google Play.

The Oura App is supported on iOS devices running Apple iOS 15 and higher, or Android devices running Android 9 and higher with Google Play services. Your device must support Bluetooth 4.0.

Ring firmware updates are accessible directly from your Oura App.

If you're no longer using an old ring, we ask that you perform a factory reset on it first, and pass it along to a friend or family member if it's still in quality condition. Otherwise, we ask that you please repurpose it, or dispose of both the ring and internal battery in accordance with your local laws and regulations. Special handling may be required. The charger is an electronic device and local legislation for electronics recycling should be followed.

Memory Capacity

We recommend you sync your Oura Ring daily with your Oura App. However, the Oura Ring is capable of storing up to one week of data depending on the type and frequency of use. This means that your ring can continue to collect data without syncing to your device for up to one week. This would apply in the case that you wanted to enable Airplane Mode for an extended period of time.

Airplane Mode can only be enabled for a maximum of seven days. This is because Airplane Mode is automatically disabled each time your ring is placed back on its charger. Once Airplane Mode is disabled upon this action, a data sync between your ring and app will be initiated upon re-charging. If you'd like to keep Airplane Mode enabled for extended periods of time, you'll still need to charge your ring every few days for optimal battery performance and daily use. Be sure to re-enable Airplane Mode following the completion of charging—instructions on how to do so can be found in this article.

Battery & Charging

Rechargeable 15mAh (US6) - 22mAh (US13) Lipo battery, non-replaceable.

Oura Ring 4: A fully charged ring may last up to eight days.

Oura Ring Generation 3: A fully charged ring may last up to seven days.

Battery life and longevity depend on Oura Ring size, Oura App settings, feature configuration, activity, battery age, 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.

Oura Ring 4 battery estimates are based on consumption data of internal users, analyzing usage from 100% to 0% battery levels. Oura Ring Generation 3 battery estimates were used as a reference to validate any improvements.

A full charge will take anywhere between 20-80 minutes depending on the starting charge level.

Charging is wireless with an Oura charger, which comes included with your ring set.

Charging in room temperature is recommended. The charger is not water-resistant and is intended for indoor use only. Do not use or store the charger in humid environments like bathrooms.

Charger power cord/voltage: USB Type-C connector. USB nominal 5V.

The USB charging power cord is intended to be supplied by an external 5Vdc supply that complies with EN 62368-1 standard.

Charger complies with EN/IEC 62368-1 international safety standard for ICT and AV equipment.

Care & Maintenance

To clean your Oura Ring, you can rinse it with a small amount of mild dish soap and water. Remember to thoroughly dry your hands and your Oura Ring before placing it back on your finger.

Hand sanitizer is safe to use with the Oura Ring.

If you're following more stringent hand washing protocols, you can follow the same steps you would with other jewelry and remove your ring while scrubbing your hands to give the ring a separate cleanse.

Don't leave the ring exposed to heat for extended periods.

Don't puncture the Oura Ring or its battery.

Tips for Scratch Prevention

The Oura Ring may get scratched and can itself scratch softer metal jewelry or other objects in close contact with the ring, such as phone covers made of gold, silver, or aluminum. Some ceramic phone covers with a soft coating may also get scratched.

Scratches or other damage caused by wear and tear are not covered by Oura's warranty policy. To help prevent scratches and increase the longevity of your ring:

- Wear your Oura Ring on your non-dominant hand to reduce the amount of contact with various surfaces and objects you interact with on a daily basis
- Avoid wearing other rings adjacent to your Oura Ring. Other rings may scratch your Oura Ring while rubbing against it
- Consider removing your Oura Ring in situations that involve friction (e.g. weightlifting), or when handling objects made of metal, ceramics, or stone (such as handling pots or pans)

The Rose Gold finish is specially designed to be a living color that will develop a darker patina over time. The exact patina effect depends on the use and care of your ring.

Tips for Removing a Stuck Ring

Your finger size can vary depending on the time of the day, food and beverage you've recently consumed, rigorous exercise you've recently completed, and changes in altitude. In these cases, it may be difficult to remove the ring from your finger.

In case your ring gets stuck:

- Use cold water and gentle soap to wet your finger, and slowly twist the ring to remove it
- Hold your hand up above your heart until the finger swelling is reduced, and then try to remove it

In cases of emergency, discomfort, or if you can't remove the ring yourself, seek immediate medical attention.

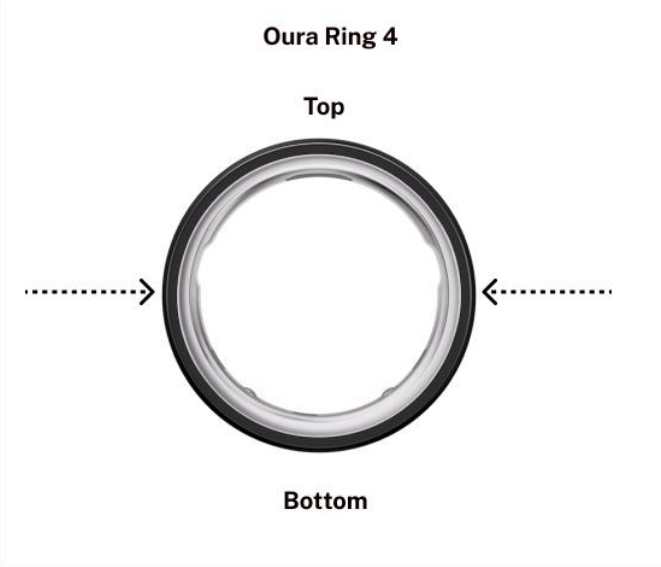
If a medical professional needs to cut the ring, here is some guidance to consider.

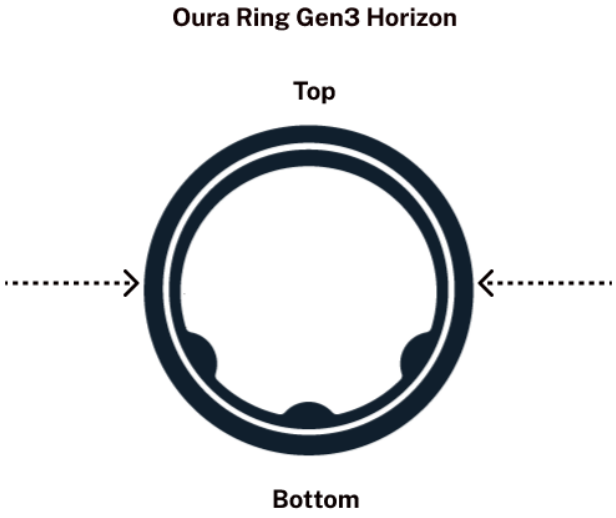
Note: These guidelines are for informational purposes and should only be executed by trained medical professionals with the appropriate tools. An option may be a tool like the Dolphin Cutter, an FDA-registered ring cutter.

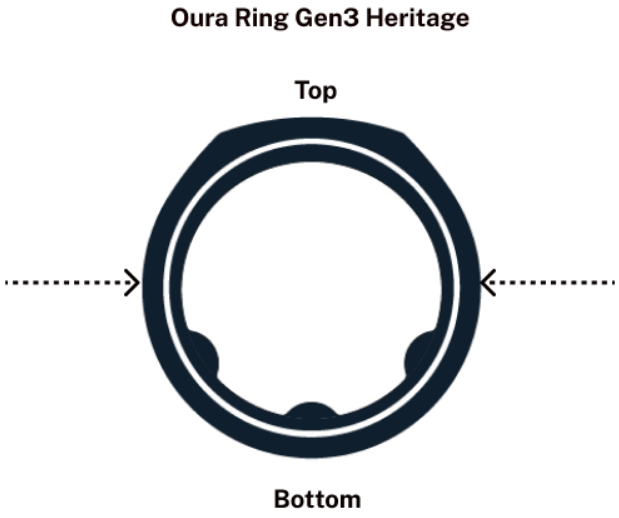
Cutting a ring without the proper expertise can cause injury.

1. Orient the ring so the sensors are on the palm side of your finger. For Heritage, the flat plane should be on the top of your finger, and for Horizon and Oura Ring 4, the dimple should be on the palm side of your finger

2. Mark two cut locations on either side of the ring (at 3 & 9 o'clock) with a pen, marker, or tape
3. Rotate the ring to provide access to one of the cut locations
4. Use an appropriate medical-grade ring cutter capable of cutting titanium to make the first cut at the marked location
5. Rotate the ring if needed and cut the other location







Safety Information

General Safety

Oura products have been through various testing and analysis phases, and we continue to test them for safety.

The Oura Ring is not a medical device and is not intended to diagnose, treat, cure, monitor, or prevent medical conditions or illnesses. Please do not make any changes to your medication, nutrition, or workouts without first consulting your doctor or another medical professional.

Keep the ring away from children. This product is not intended for individuals under the age of 18. Seek immediate medical attention if you know or suspect that a child has swallowed the ring.

If you experience redness or skin irritation on your finger while wearing your Oura Ring, remove it immediately. If symptoms persist longer than 2-3 days, please contact a dermatologist.

Light Emission

The Oura Ring uses infrared (IR), red, and green light-emitting diodes (LEDs). These lights do not generate any appreciable heat or pose a health hazard.

Battery Safety

Avoid handling batteries, or working on devices with machinery that contain batteries, while wearing your Oura Ring. In certain cases, where both the cathode and the anode of another battery touch the ring, there is a risk of a short circuit which is similar to standard metallic rings. This can result in a potentially dangerous shock. Please take the proper precautions to avoid these situations.

Travel and Daily Use

Be cautious when moving heavy objects while wearing your ring to prevent it from getting caught on any fixed structures.

UV light won’t affect the ring's materials.

The molding polymer used in the Oura Ring can handle short exposure to acetone.

You can wear the Oura Ring through airport X-ray machines, metal detectors, and scanners.

Information on EMF

The Oura Ring is a Bluetooth Smart®, class 2 device. Bluetooth is only active during a small portion of each day—well below 1%. Data is transmitted continuously when the ring is syncing with the app and during firmware updates.

The limit for Specific Absorption Rate (SAR) for a device like the Oura Ring is 2.0 W/kg for head and body. **The Oura Ring SAR level is 0.0003 W/kg**. For context, all cell phones sold in the United States tend to have a SAR level at or below 1.6 W/kg.

You can always turn on Airplane Mode if you'd like to eliminate all EMF exposure from your ring.

Proposition 65 Warning

It's common for most electronic devices to contain one or more chemicals listed under Proposition 65 (most of which the user doesn't get exposed to during normal use).

WARNING: This product may contain chemicals known to the State of California to cause birth defects or other reproductive harm.

For more information on Proposition 65 chemicals, please visit: https://www.p65warnings.ca.gov/

Sustainability

We are being mindful of how we grow in a socially responsible manner. When it comes to what we currently have in place, we take pride in our focus on sustainability in the manufacturing of the Oura Ring. We have done a number of independent carbon footprint reports to measure our production emissions. Additionally, Oura only uses reputable suppliers and vendors who are compliant with local employee laws and social legislation. We have multiple ongoing initiatives within Oura and look forward to sharing more about them in the future.

PSE Certification (Japan)

The Product Safety Electrical Appliance & Material Certification (PSE) certification is a mandatory product approval for electrical products in Japan. However, it only applies to products with removable lithium-ion batteries. Since the battery in the Oura Ring is built-in and not user-removable, this certification is not required.

Oura holds the MIC (Ministry of Internal Affairs and Communications) certification, which is Japan’s required approval for products with radio technologies. Both the Oura Ring and its charger qualify as radio products under Japanese regulations.