

## FAST FACTS

# Oura Ring

## *Wearable health tracking device*

### What

Data collection via a wearable device is a way to learn about your physiology, so you are armed with information about the many influences on your wellbeing. An Oura ring is a wearable device that tracks various aspects of your health and wellness. It is a small, lightweight ring. It is designed to track your sleep patterns, activity levels, recovery, HRV, and other health metrics.

### How it works

Using the combination of research grade sensors, such as infrared, 3D accelerometer, 7 temperature sensors, LED heart rate monitor and an SpO2 sensor for monitoring blood oxygen levels.

The ring can provide insights into the quality of your sleep, including how long you spent in each stage of sleep and how many times you woke up during the night.

In addition to sleep tracking, the Oura ring also tracks your activity levels throughout the day. The ring can track metrics such as steps taken, calories burned, and active time, providing you with insights into your overall activity levels and encouraging you to stay active throughout the day.

It also includes a number of other health metrics, including resting heart rate, heart rate variability, and body temperature. By tracking these metrics over time, the Oura ring can provide insights into your overall health and wellness, and help you make informed decisions about your lifestyle and habits. All insights are available via a phone app.

### Learn more

[Oura ring](#)



### Pros

- Small, lightweight and comfortable for sleep
- Benchmarks against your personal health data
- Determine your goals for movement, desired sleep time and options to make adjustments if unwell, stressed or sleeping poorly.

### Cons

- Uses Bluetooth technology, which some people prefer to avoid
- For some, the investment might make the Oura ring inaccessible
- Accuracy. If you don't get an ideal fit, the data may be flawed. Even with a good fit, there may still be times when the contact with your finger isn't ideal for data collection
- As with any device, the Oura ring will collect and store your personal data

### Contraindications

As a non-invasive wearable, the chance of physical discomfort, outside of someone experiencing a skin condition on that part of their finger, is low. If you do have an existing heart or sleep condition, consult with your healthcare practitioner before relying on the data to adjust lifestyle factors.