

WHAT IS ŌURA?

Oura is health measurement technology designed to empower people to understand their health.

We combine advanced technology in the Oura Ring with an easy-to-use mobile app, to deliver personalized insights each day in the form of 3 scores—Readiness, Sleep, and Activity.

DOWNLOADING THE APP & SYNCING YOUR DATA

Our app is free to download. Use the App Store (iOS) or Google Play Store (Android) to download. Instructions on setting up your Oura Ring are [here](#).

Open the Oura app each morning to get your sleep and recovery data. This sync should take no longer than 30 seconds.

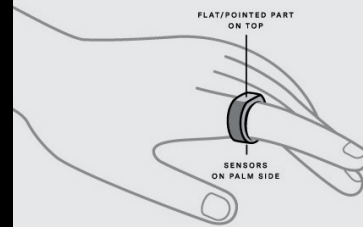


WEARING YOUR RING

Wear the ring 24/7 for the most accurate data and insights.

01_

Ensure the sensors are on the palm side of your finger.



02_

Change fingers if need be for best fit – finger sizes can fluctuate throughout the day.

03_

The ring is water resistant, so feel free to get it wet. (hand sanitizer friendly too!)

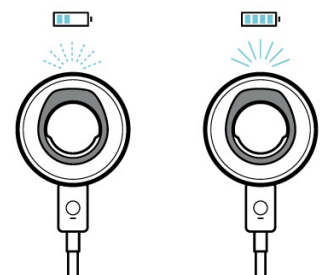
04_

CHARGING YOUR RING

Charge your ring every 5-7 days. When the ring is connected via bluetooth, in the app you can see the amount the ring is charged by clicking the circle in the top right corner: - if this is **red** the ring needs to be charged before you go to sleep.

You will also receive a notification when your ring battery is low and a small **red** badge will appear on the Oura app if the ring is in need of a charge.

When the ring is positioned correctly on the charger, the light will pulse while charging and turn solid when fully charged. See image on the right.



TECHNOLOGY IN THE OURA RING

MULTIPLE SENSORS

Oura gives you personalized Sleep, Activity, and Readiness insights by measuring your body's signals with three sensors.



**INFRARED
PHOTOPLETHYSMOGRAPHY
SENSORS (PPG)**

heart rate, variability,
and respiratory rate

**TEMPERATURE
SENSORS**

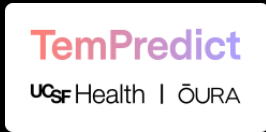
body temperature

**3D
ACCELEROMETER**

movement

RESEARCH OVERVIEW

UCSF Health and Oura have teamed up to lead the largest national research study on COVID-19. With over 40,000 participants in the study and 2,000 rings distributed to healthcare workers, the study is investigating whether Oura can detect signals that predict COVID-19 illness symptoms. We're learning from the data our users are sharing to protect frontline responders now, and gathering intelligence to serve the greater public in the future.



WVU Rockefeller Neuroscience Institute and Oura Health have launched a study to predict the outbreak of COVID-19 in healthcare professionals. A model driven by integrative neuroscience and artificial intelligence has the potential to identify individuals before they become symptomatic.

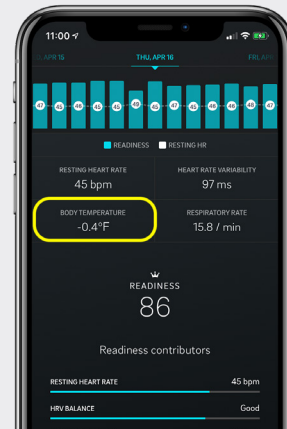


MONITORING YOUR BODY TEMPERATURE WITH OURA

Oura monitors your temperature every minute with sensors that can detect changes as small as 0.05° celsius.

SKIN TEMPERATURE

Oura is one of the few wearables that measures body temperature directly from your skin. At night, your skin temperature is closely related to your internal temperature and does not require an invasive thermometer to read. This allows for continuous monitoring each night.



RELATIVE VALUES

Oura shows your body temperature in relation to your personal baseline. For example, rather than display your temperature as an absolute value like 99.5° F, Oura will show how much higher or lower your temperature is than your baseline (example; -0.4°F).

MULTIPLE VIEWS

You can take a look at your body temperature in two different views— Daily and Trend. To view this data, tap on the “Readiness” Tab and then again on “Body Temperature.” More below.

THE DAILY VIEW

The Daily view focuses on short-term, daily temperature changes. This view is ideal for spotting when something is starting to tax your body, so you can start prioritizing rest and recovery.



THE TREND VIEW

The Trend view is slightly different. This view is optimized to help you spot trends in your temperature over long periods of time (e.g., a prolonged illness). Each day displays a value that takes into account your previous three days of data.



LEARN MORE ABOUT OURA'S SCORES

Oura provides you with personalized Readiness, Sleep and Activity Scores each day.

Readiness

An overall measure of your recovery that signals your capacity to perform at your mental, emotional, and physical best. Oura monitors signals from your body to determine how well-rested you are, and whether or not you're ready for a challenge.

Contributors

- Previous Night's Sleep Quality
- Sleep Balance
- Previous Day's Activity
- Activity Balance
- Resting Heart Rate Pattern
- Body Temperature
- HRV Balance

Sleep

A personalized measure of the quality, stages, and length of your sleep. Oura helps you optimize your bedtime and provides insights to improve your sleep over time.

Contributors

- Total Sleep
- Sleep Efficiency
- Restfulness
- REM Sleep
- Deep Sleep
- Sleep Latency
- Timing

Activity

A measure of your movement. Using your personal details, Oura translates your daily activity into units of energy expended (calories) and equivalent activity measures (steps or miles).

Contributors

- Staying Active Daily
- Moving Every Hour
- Daily Activity Goals Met
- Training Frequency
- Training Volume
- Recovery Time
- Activity Balance



Pictures above highlight the view in the Oura app for each of these scores.

WHAT SETS OURA APART

Constantly Validating

While Oura is not a medical device, its capabilities are near perfect when compared to advanced medical technologies.

RESTING HEART RATE

99.9%

Correlation compared to medical-grade electrocardiogram (EKG)

[Read the study.](#)

HEART RATE VARIABILITY

98.4%

Correlation compared to medical-grade EKG.

[Read the study.](#)

TEMPERATURE

Measures changes as small as

0.05 °C.

Tailored to You

With each person comes a unique version of “normal.” Rather than base your averages on impersonal details like age and weight, Oura gets to know you—providing a personalized set of baselines to help you achieve your goals and reach your potential.



1. WHAT IS OURA?

Oura is a health platform designed to educate, inform, and help users accomplish their individual goals. We combine advanced technology in our ring with an easy-to-use mobile app, to deliver personalized insights each day in the form of 3 scores—Sleep, Activity, and Readiness.

2. HOW DOES OURA COLLECT DATA?

The Oura ring features a group of advanced sensors and components that, together, enable the ring to monitor key signals from the body. Technology includes, but is not limited to; NTC body temperature sensors, infrared LED sensors, a 3D accelerometer, and a gyroscope.

3. WHICH DATA DOES OURA COLLECT?

Oura measures a list of key biometric signals to inform users of their overall health across Sleep, Activity, and Readiness. Some of those key signals include; resting heart rate, body temperature, heart rate variability, and respiratory rate.

4. WHAT IS READINESS?

Readiness is a score designed by Oura that captures the balance between your strain and recovery. Readiness can be used as an indicator of whether or not you're ready to push yourself on a given day. If you receive a low Readiness Score in the morning, you may have slept poorly and should consider resting more than you normally would.

5. HOW DOES OURA HELP WITH SLEEP TRACKING?

Oura helps you monitor your sleep each night, by measuring things like Total Sleep Time, Sleep Efficiency, Sleep Latency (how long it takes to fall asleep), and Resting Heart Rate—so you can get a better idea for how well you've recovered from the previous day. Oura also provides you with a snapshot of your night's sleep, which includes sleep stages (REM, Deep, Light, and Awake), and the time you spent in each one.

6. HOW DOES OURA HELP MONITOR FOR ILLNESS?

One of the key indicators of an impending illness is high relative body temperature. Oura tracks your body temperature over time, showing both daily and weekly body temperature trends. If you begin to feel ill, you can double-check with Oura to see if a spike in body temperature is present. If so, you can make the smart decision to stay home and avoid risking the health of family, friends, and colleagues. Other contributors that Oura tracks correlating to illness include respiratory rate, heart rate, and heart rate variability.

7. HOW OFTEN DO I NEED TO CHECK THE APP?

Most of our users check their app each morning when they wake up. We recommend checking your ring throughout the course of the day, too, and use features like Moment (mindfulness) and Tags (add notes & activities) to keep better track of your health journey.

8. WHAT IS THE OURA RING MADE OF?

The ring is made of durable titanium, a scratch-resistant diamond-like carbon coating, and a non-allergenic, non-metallic seamless inner molding.

9. HOW LONG DOES THE RING BATTERY LAST?

Depending on usage, the ring's battery can last up to one week (7 days). The ring is charged using a small dock, and typically requires 20-80 minutes for a full charge.

10. CAN I SWIM AND SHOWER WITH MY OURA RING?

Oura is water-resistant up to 328 ft. You can swim, shower, bathe, and do just about anything in the water with your ring on.