

UNDER EMBARGO UNTIL NOVEMBER 30, 2017, 3.20 pm EET / 1.20 pm UTC / 5.20 am PST / 8.20 am EST

The New Oura Ring: Technical Specifications

Product Specs

- Dual-core arm-processor: ARM Cortex based ultra low power MCU
- In-ring memory to store data up to 6 weeks
- Water resistant: 100m / 328ft
- Bluetooth Smart, Airplane mode

Material

- Titanium with scratch resistant diamond-like carbon (DLC) coating
- 100% medical grade, seamless and non-allergenic inner molding
- Ultra light weight

Sensors

- Oura proprietary pulse waveform and pulse amplitude variation detection with infrared PPG sensor
- Body temperature sensor
- 3D accelerometer and gyroscope

Metrics

- ECG level Resting Heart Rate (RHR), Interbeat interval (IBI) and Heart rate variability (HRV)
- Respiratory rate, breathing variance
- Thermometer level body temperature deviation
- Movements and daily rhythms
- Intensity, timing and length of physical activities
- Inactivity and sedentary time including alerts

Design Collections

- Three unique designs and four different color options
- Balance: Black (\$299 / 314€), Silver (\$299 / 314€), Rose (\$399 / 419 €)
- Heritage: Black (\$299 / 314€), Silver (\$299 / 314€), Rose (\$399 / 419 €), Stealth (\$399 / 419 €)
- Balance Diamond (\$999 / 1049€)

Battery Life

- Up to one week with a single charge
- Wireless charging: charging time 20–80 minutes depending on how often you charge