BILL'S HOME TECH
Home & Small Business Tech Solutions

BILL'S COMPLETE MANUALS

Oura & Smart Rings

Sizing, setup, sleep and Readiness scores, memberships and privacy — explained in plain English, one step at a time

A plain-English guide for ring wearers, gift-givers and families

Take your time — you can't break it

Written for you by Bill — Bill's Home Tech

(330) 200-8042 · BillsHomeTech.com

For Oura Ring 5, Oura Ring 4 & Samsung Galaxy Ring · facts current November 2026

What's Inside

This is your smart ring manual. Read it in any order and at your own pace. Maybe a ring arrived as a gift, maybe you're deciding whether to buy one, or maybe you just want to understand what those morning scores mean. Every chapter explains what a feature does *for you* and gives slow, step-by-step directions. One promise runs through all of it: these rings are wellness gadgets, not medical devices, and your doctor is the one to talk to about any reading that worries you. Prices and features are as of November 2026; if a screen looks a little different, the idea is still the same.

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PART 1

Getting to Know Smart Rings

What a smart ring is, what it honestly can and can't tell you about your health, and the handful of words that come up in the apps. Start here.

CHAPTER 1

A Note from Bill

Hello, and welcome. A smart ring looks like an ordinary band of metal, but inside it are tiny sensors, a battery and a radio that talks to your phone. Wear it day and night and it gives you a simple picture of how you slept, how active you were and how your body seems to be doing compared with your usual. Maybe you got one as a gift. Maybe you're thinking of buying one, or a family member keeps talking about theirs. Either way, this guide is for **you**.

I'm Bill. Helping people feel at home with their technology is what I do every day, and I've written this guide the way I'd explain it sitting next to you at the kitchen table: plainly, patiently and with an eye on your wallet. When a word like "HRV" or "Readiness" comes up, I'll stop and tell you what it means.

You can't break it

You can't hurt a smart ring by tapping around in its app, and you can't hurt your health by reading a score. The few things that really matter are choosing the right size, charging it now and then, understanding what the numbers are (and aren't), and keeping an eye on any monthly fee. This guide walks you through each one.

STAY SAFE

The most important thing in this guide

A smart ring is a **general-wellness gadget, not a medical device**. It doesn't diagnose anything. Its scores and readings are estimates. If a reading worries you, talk to your doctor. If you feel unwell in a way that frightens you, such as chest pain, trouble breathing or signs of a stroke, call **911** right away; don't wait to check an app. Chapter 3 explains this in more detail.

What's in this guide

- **What a smart ring is**, what it can and can't tell you, and the words you'll hear (Part 1).
- **Choosing a ring**: Oura's current rings, Samsung's Galaxy Ring, the Oura Membership and other brands you may see (Part 2).
- **Size, setup and charging**: sizing kits, which finger, and getting it working with your phone (Part 3).
- **Your scores and readings**: sleep, Readiness and Energy, activity, heart rate, temperature, cycle tracking and illness signals, explained honestly (Part 4).

- **Everyday living**: gestures, sharing with family and other health apps, water, care and privacy (Part 5).
- **Money and safety**: canceling the membership, returns, and fake discount sites (Part 6).
- **Fixing hiccups** and getting help (Part 7).

If you also wear a watch, the **Apple Watch** and **Samsung Galaxy Watch** guides pair well with this one. The **Apple Health App** guide explains where your ring's numbers can end up on an iPhone, and the **Subscriptions** guide helps you keep track of monthly fees like the Oura Membership.

And I'm only a phone call away

If you get stuck, you're never stuck alone. Call me at **(330) 200-8042**. No question is too small, and no one will make you feel silly for asking. Let's get started.

— Bill

CHAPTER 2

What a Smart Ring Is (and Isn't)

A **smart ring** is a wearable tracker shaped like a ring. On the inside are small sensors that shine light into the skin of your finger and measure your pulse, plus sensors for movement and skin temperature. The ring stores what it measures and sends it to an app on your phone over Bluetooth. The app turns it into scores and charts.

What it does well

- **Sleep**: roughly how long you slept, how restless you were, and how that compares with your usual.
- **Daily readiness or energy**: a single number that sums up how rested you seem today.
- **Activity**: steps, active time and how long you've been sitting.
- **Heart rate trends**: especially your resting heart rate overnight.
- **Temperature trends**: whether your skin temperature at night is running above or below your normal.

What it doesn't do

- It has **no screen**. You read everything on your phone.
- It **doesn't show calls, texts or the time** the way a smartwatch does.
- It **doesn't call 911 for you**. Rings don't have the fall detection and emergency calling some watches have. If that matters to you, see the **Apple Watch** or **Samsung Galaxy Watch** guides.
- It **doesn't diagnose** any illness or condition (Chapter 3).

Ring or watch?

	Smart ring	Smartwatch
Comfort in bed	Small and light; many people forget they're wearing it.	Bulkier on the wrist at night.
Screen	None. Everything is in the phone app.	Yes: time, messages, calls, apps.
Battery	Usually several days to about a week.	Often a day or two.
Safety features	No fall detection or emergency calling.	Many offer fall detection and SOS calling.
Monthly fee	Oura: yes for full features. Samsung: no.	Usually no fee for health features.

WHAT THIS DOES FOR YOU

What this does for you

A ring is for people who want a gentle, mostly hands-off picture of sleep and daily rhythm without a screen buzzing on the wrist. Knowing what it doesn't do helps you avoid buying the wrong gadget, especially if what you really need is an emergency button.

GOOD TO KNOW

One phone, one ring

A ring pairs with one phone at a time. Family members each need their own ring and their own account; you can share scores with each other later (Chapter 20).

CHAPTER 3

Before Any Health Feature: What These Rings Can and Can't Tell You

Before we look at a single score, I want to set the ground rules, honestly, the way I'd want them set for my own family. Smart rings can be a helpful companion. They are **not** a doctor, and a score is **not** a diagnosis.

STAY SAFE

Not a medical device

Oura says its ring is not a medical device and is not intended to diagnose, treat or prevent any disease. Samsung says the Galaxy Ring's cycle tracking is not a medical device and isn't meant for contraception or pregnancy planning. Every score and reading in the apps is a **general-wellness estimate** based on your own patterns.

What the numbers are

- **Estimates from your finger**. Light-based pulse sensors can be thrown off by a loose fit, cold hands, tattoos, movement and many other things.
- **Comparisons with yourself**. Most readings are shown against *your* usual, not against a medical normal. That's why the first couple of weeks are a learning period.
- **Nudges**. A low score is a reason to rest, drink some water or go to bed earlier, not a reason to panic.

What to do with a reading that worries you

1. Don't change any medicine, diet or exercise plan because of a ring score. Oura itself tells members to talk to a doctor first.
2. Write down what you saw, the date, and how you felt.
3. Call your doctor's office and describe it, or bring the notes to your next visit.
4. If you feel seriously unwell, such as chest pain, fainting, trouble breathing, a sudden severe headache, or face drooping or arm weakness, **call 911**. Don't wait for the app.

HEADS UP

A good score doesn't mean all is well

The ring can miss things. If you feel ill but your scores look fine, trust how you feel and call your doctor. If your scores look poor but you feel fine, that's usually a late night, a glass of wine or a warm bedroom, not a crisis.

WHAT THIS DOES FOR YOU

What this does for you

Used this way, a ring can help you notice your own patterns, like how much better you sleep on nights you skip the late coffee. That's a real benefit, and it doesn't depend on the ring being a medical instrument.

CHAPTER 4

Words You'll Hear

Smart rings come with their own vocabulary. Here are the words worth knowing, in plain English.

Word	What it means
Oura app	The free app for Oura rings, on iPhone and Android.
Oura Membership	Oura's monthly or yearly fee that unlocks the full app (Chapter 7).
Galaxy Wearable	Samsung's app for setting up and managing the Galaxy Ring.
Samsung Health	Samsung's health app, where most Galaxy Ring data and charts live.
Sleep Score	A 0–100 summary of last night's sleep.
Readiness Score	Oura's 0–100 estimate of how rested and recovered you seem today.
Energy Score	Samsung's similar single score, based on sleep, activity and heart rate.
Resting heart rate	Your heart rate while you're still, usually lowest during sleep.
HRV (heart rate variability)	The tiny variation in time between heartbeats. Ring apps compare it with your own usual.
Baseline	Your own normal, learned by the ring over the first weeks.
Sizing kit	Plastic sample rings you wear before ordering, to find your size (Chapter 9).
Charging dock / charging case	What the ring sits in to charge.
Apple Health / Health Connect	The health-data hubs on iPhone and Android that other apps can share with.

TIP

Sizes aren't jewelry sizes

Smart ring sizes are their own system. A size 8 Oura or Samsung isn't the same as a size 8 wedding band. Always use the maker's sizing kit (Chapter 9).

PART 2

Choosing a Ring

Oura's current rings, Samsung's Galaxy Ring, what the Oura Membership costs, and other names you may come across. Prices are as of November 2026.

CHAPTER 5

Oura Rings: Ring 5, Ring 4 and Ceramic

Oura is the best-known smart ring maker. As of November 2026 it sells two main generations. Both work with iPhone and Android phones and use the same Oura app.

Oura Ring 5

- Oura's newest ring, announced in May 2026 and shipping since June 2026.
- Noticeably smaller and thinner than Ring 4, in titanium.
- Starts at **$399** (Silver and Black) as of November 2026; other finishes cost more, up to $499.
- Sizes **6 to 13**, with its own Ring 5 sizing kit.
- Oura designed it for about a week of battery; real-world results vary with settings and use.
- An optional charging case is sold separately.

Oura Ring 4

- Launched in 2024 and still sold. Starts at **$349** as of November 2026.
- Titanium, in Black, Silver, Stealth, Brushed Silver, Gold and Rose Gold finishes.
- Sizes **4 to 15**, no half sizes, with its own Ring 4 sizing kit.
- Oura's testing found 5 to 8 days of battery on a new ring.

Oura Ring 4 Ceramic

In October 2025 Oura added a **Ceramic** version of Ring 4 in softer colors (Midnight, Cloud, Tide and Petal). It launched at **$499**, in the same 4 to 15 sizes. It's a little heavier than the titanium ring. The tracking is the same; you're paying for the look.

HEADS UP

Every Oura generation has its own sizes

A Ring 4 size and a Ring 5 size are not the same. Ring 5 comes in 6 to 13; Ring 4 in 4 to 15. Use the sizing kit for the exact ring you're buying, and the charger made for it (Chapter 12).

Which Oura should you get?

- **Smallest and lightest**: Ring 5.
- **Lowest price**: Ring 4, often on sale at retailers.
- **Very small or very large fingers**: Ring 4, which comes in more sizes.
- **Already own an older Oura**: Gen3 and later rings get many of the same software features, so there's no rush to replace a ring that still works.

WHAT THIS DOES FOR YOU

What this does for you

The tracking in Ring 4 and Ring 5 is similar enough that most people can choose on comfort, size and price. Saving $50 or more on Ring 4 is a perfectly sensible choice.

GOOD TO KNOW

The membership comes on top

Whichever Oura ring you buy, the full app needs the Oura Membership on top of the ring price. Chapter 7 explains what that costs and what still works without it.

CHAPTER 6

Samsung Galaxy Ring: The No-Subscription Choice

Samsung's **Galaxy Ring** came out in 2024. Its big selling point is simple: **no monthly fee**. You pay for the ring once and every health feature in Samsung Health is included.

The essentials

Item	Detail
Price	List price **$399.99** as of November 2026; Samsung and retailers often run sales.
Monthly fee	None.
Phones	**Android only**, Android 11 or later. It does not work with iPhone.
Apps	Galaxy Wearable (setup) and Samsung Health (your data). A Samsung account is required.
Sizes	5 to 15 on Samsung's U.S. support page, with a free sizing kit when ordered from Samsung.
Battery	Up to 7 days, Samsung says, depending on size and use.
Charging	A charging case with a light; the case itself can charge on a wireless pad.
Water	Rated 10 ATM water resistance.
Finishes	Titanium Black, Titanium Silver and Titanium Gold.

HEADS UP

If you have an iPhone, this ring isn't for you

Samsung has said it has no current plans for iPhone support. If you or the person you're shopping for uses an iPhone, look at Oura instead.

Best with a Samsung phone

The Galaxy Ring works with other Android phones (such as a Google Pixel), but some extras need a Samsung Galaxy phone. The finger gestures (Chapter 19) need a Galaxy phone with a recent One UI version, and Find My Ring is far more capable on a Samsung phone. Basic sleep, activity and heart data work on other Android phones through Samsung Health.

GOOD TO KNOW

Is there a Galaxy Ring 2?

Not yet, as of November 2026. Samsung has said it's working on the next generation but hasn't announced a date or price. The original Galaxy Ring is what's on sale.

WHAT THIS DOES FOR YOU

What this does for you

For a Samsung phone owner who dislikes subscriptions, the Galaxy Ring's one-time price is easy to budget: no fee to remember, cancel or get surprised by.

CHAPTER 7

The Oura Membership: Cost and What Works Without It

Oura rings from Gen3 onward use a **membership**. It's what unlocks the detailed charts, insights and most features in the Oura app. Older Gen2 rings don't need it.

What it costs (as of November 2026)

Item	Detail
Monthly	**$5.99** a month
Yearly	**$69.99** a year (a little less than paying monthly)
New members	First month free
Renewal	Renews automatically, monthly or yearly, until you cancel
Paying with health accounts	Oura says the ring and membership are HSA/FSA eligible

What still works without a membership

If you stop paying, the ring doesn't become useless, but the app gets much simpler. According to Oura Help, without an active membership you'll see:

- Your three daily scores: **Sleep**, **Readiness** and **Activity**.
- The ring's battery level.
- Basic profile information and app settings.
- Oura's **Explore** content (guided sessions and articles).

The detailed sleep stages, 24-hour heart rate, trends, Cycle Insights, illness signals and most other features need the membership. You can still download your personal data without one.

> **TIP**
>
> **Put the renewal date on your calendar**
>
> When you start the free month, add a reminder a few days before it ends. If you decide the ring isn't for you, or the scores alone are enough, you can cancel in time (Chapter 23).

Two years of costs, side by side

	Oura Ring 4	Oura Ring 5	Galaxy Ring
Ring (starting price)	$349	$399	$399.99
Membership, 2 years (yearly plan)	about $140	about $140	none
Rough total	about $489	about $539	about $400

Before tax and any sale prices; the free first month isn't counted. Prices as of November 2026.

WHAT THIS DOES FOR YOU

What this does for you

Seeing the total cost, not just the ring price, helps you choose honestly. The membership is not a trick, but it's a real ongoing cost that belongs in the decision.

CHAPTER 8

Other Rings You May See

Store shelves and online ads show other smart ring brands too. Two names come up most often: **RingConn** and **Ultrahuman**. Both have marketed rings without a required subscription.

A note on U.S. availability

In 2025 the U.S. International Trade Commission ruled in Oura's favor in a patent case against both companies, which limited imports of some of their rings starting in October 2025. RingConn then reached a settlement with Oura and continues to sell under a license. Ultrahuman's U.S. lineup has changed since the ruling. Because this has been shifting, check what's actually sold in the U.S. today before you buy, and buy from the maker's own site or a major retailer.

Questions to ask about any ring

- Does it work with **my phone** (iPhone or Android)?
- Is there a **monthly fee**, and what stops working without it?
- Is there a **sizing kit**, and how do returns and exchanges work?
- Who stores my health data, and can I delete it?
- Is it sold by the maker or a major store, not an unfamiliar website with a too-good price (Chapter 25)?

WHAT THIS DOES FOR YOU

What this does for you

These five questions apply to any ring, including brands that appear after this guide was written. They protect you from the most common regrets: wrong phone, surprise fees and a ring that won't fit.

PART 3

Size, Setup and Charging

Finding the right size with a sizing kit, choosing a finger, setting up an Oura or a Galaxy Ring with your phone, and keeping it charged.

CHAPTER 9

Finding Your Size: Sizing Kits and Which Finger

Getting the size right is the single most important step. A ring that's too loose gives poor readings and can slip off; one that's too tight is uncomfortable at night. That's why both Oura and Samsung send a **sizing kit** of plastic sample rings before the real ring.

HEADS UP

Don't go by your jewelry size

Smart ring sizes don't match regular ring sizes, and each Oura generation has its own sizes. Use the kit made for the exact ring you're buying: a Ring 5 kit for Ring 5, a Ring 4 kit for Ring 4, a Galaxy Ring kit for the Galaxy Ring.

Which finger?

- **Oura**: you can wear it on any finger, but Oura recommends the **index finger** for the best accuracy. The middle or ring finger also works.
- **Galaxy Ring**: Samsung's sample rings can be tried on any finger. The index finger is a common choice, and Samsung says the double-pinch gesture works best on the index or middle finger.
- Pick the finger you'll **actually** wear it on. Many people prefer the non-dominant hand.

Using the kit, step by step

1. Open the kit and pick the sample that feels snug but comfortable on your chosen finger. It should slide over the knuckle with a little effort.
2. For Oura, turn the sizer so the small bumps on the inside sit on the **palm side** of your finger. Those bumps stand in for the sensors.
3. Wear it for **at least 24 hours, including a night's sleep**. Fingers swell and shrink through the day, with heat, salt and exercise.
4. Make a fist. If you see a gap between the ring and the top of your finger, try a size smaller.
5. If you're between two sizes, Oura suggests the smaller one for a more secure fit.
6. Confirm your size the way the maker asks: for Oura store orders, in your Oura account online; for Samsung, as described in the order email or on Samsung's site.

Getting a kit

- **Oura**: order a sizing kit from ouraring.com or choose a "size first" option at a retailer. Kits are listed for each generation.
- **Samsung**: when ordering a Galaxy Ring on samsung.com, choose **No, I don't know my size** and a free sizing kit is added to the order. Only one kit comes per order, however many rings you buy.

TIP

Arthritis or large knuckles

If your knuckle is much larger than the base of your finger, a ring that fits the knuckle may spin loosely. Try the sizer on a few fingers. A slightly loose ring on the index finger may track better than a tight one squeezed over a sore joint. If it's a gift, consider giving the sizing kit first.

WHAT THIS DOES FOR YOU

What this does for you

A day with the sizing kit saves a return, a wait and a ring that never quite gives good readings. It's the best 24 hours you'll spend on this gadget.

CHAPTER 10

Setting Up an Oura Ring

Setting up an Oura ring takes about 15 minutes. Have your phone, your Wi-Fi and your email handy.

Check your phone first

Oura's app needs an iPhone on **iOS 16 or later**, or an Android phone on **Android 11 or later** with Google Play services. The phone must support Bluetooth 5.0, which almost every phone from the last several years does.

Step by step

1. Put the ring on its charger and plug the charger in. A charged ring pairs more easily.
2. On your phone, open the **App Store** (iPhone) or **Google Play** (Android), search for **Oura** and install the official app from Oura.
3. Open the app and follow the prompts to create your account with your email address. That email becomes your Oura login.
4. Turn on **Bluetooth** when asked, and allow the permissions the app requests.
5. When the app finds your ring, follow the on-screen steps to pair it. Keep the phone close to the ring.
6. Check your email for Oura's message to confirm your account and set a password.
7. Finish the membership setup and enter a few details about yourself, such as age, height and weight. These help the scores make sense.
8. Let the ring update its software if asked. Leave it on the charger and the app open until it's done.

> **TIP**
>
> **Write down your Oura email and password**
>
> You'll need them if you change phones. Put them on the cheat-sheet in Chapter 28, or better, in a password manager.

The first two weeks

Wear the ring day and night, including to bed. Oura says it can take up to two weeks for the app to learn your usual values. Until then, scores may jump around. That's normal, not a sign anything is wrong with you or the ring.

HEADS UP

Keep any reading in perspective

Early scores are estimates while the app learns. Don't change medicine or routines because of them. If something about your health worries you, call your doctor; in an emergency, call 911.

WHAT THIS DOES FOR YOU

What this does for you

Once setup is done, the ring works quietly in the background. Open the app each morning for a minute and it syncs and shows you last night's summary.

CHAPTER 11

Setting Up a Galaxy Ring

The Galaxy Ring sets up through the **Galaxy Wearable** app, and your data lives in **Samsung Health**. On a Samsung phone both are usually already installed. On another Android phone, install them from Google Play first. You'll need a Samsung account.

Step by step

1. Put the ring in its charging case.
2. Press and hold the case's **multipurpose button** for at least 3 seconds. The ring's light spins clockwise when it's ready to pair.
3. On a Samsung phone, a pop-up appears; tap **Connect**. On other phones, open **Galaxy Wearable** and choose to add the ring.
4. When the Bluetooth pairing request appears, tap **Pair**.
5. Sign in to your **Samsung account** if asked.
6. Read through the permissions and feature introductions, then tap **Next** to finish.
7. Open **Samsung Health** to see sleep, activity and your Energy Score once the ring has some data.

Settings worth a look

In Galaxy Wearable, the ring's **health settings** let you choose sleep tracking options, heart rate alerts and whether workouts are detected automatically. Most people can leave the defaults.

GOOD TO KNOW

Moving the ring to a new phone

To pair the Galaxy Ring with a different phone, Samsung says to reset the ring first. Make sure Samsung Health has synced and you're signed in to the same Samsung account on the new phone, so your history comes with you.

WHAT THIS DOES FOR YOU

What this does for you

If you already use a Samsung phone and watch, the ring slots into the same Samsung Health app you know, with no new account and no subscription.

CHAPTER 12

Charging and Battery

A smart ring's battery lasts days, not weeks, so charging becomes a small habit, like charging your hearing aids or your phone.

How long it lasts and how long it takes

Ring	Battery and charging
Oura Ring 4	About 5 to 8 days on a new ring; 20 to 80 minutes to charge, depending on how low it is.
Oura Ring 5	Designed for about a week. Optional charging case holds several extra charges.
Galaxy Ring	Up to 7 days, Samsung says. Charges in its case; the light shows the charge level.

Good charging habits

- Charge to at least **30% before bed**. Oura notes that a low battery overnight can mean no sleep insights for that night.
- Top up in short bursts, such as while you shower or read the paper, instead of waiting for it to run flat.
- Use the charger or case that came with your ring. Oura chargers are **size- and generation-specific**: a Ring 4 charger won't charge a Gen3 ring, and older chargers won't charge Ring 4.
- For the Galaxy Ring, Samsung recommends using the charging case that came with it.
- Keep the charger plugged into a wall adapter or a computer's USB port you trust.

TIP

Pick one charging moment

Choose a daily routine, such as morning coffee or the evening news, and put the ring on its charger then. Leaving the charger in the same spot makes it automatic.

WHAT THIS DOES FOR YOU

What this does for you

A ring that's charged at bedtime is a ring that records your sleep. A small habit means the morning summary is always there.

PART 4

Your Scores and Readings

Sleep, Readiness and Energy, activity, heart rate and HRV, temperature, cycle tracking and illness signals, explained honestly. These are wellness estimates, not medical tests.

CHAPTER 13

Your Sleep Score

Each morning, the app shows a **Sleep Score** from 0 to 100. It's a quick summary of how last night went compared with what's typical for you.

STAY SAFE

A wellness estimate, not a diagnosis

This score or reading is a general-wellness estimate from a ring on your finger. It doesn't diagnose anything and can be wrong. If a reading worries you, talk to your doctor. In an emergency, call **911**.

What goes into it (Oura)

Oura builds the Sleep Score from several **contributors**, including:

- **Total sleep**: how long you were actually asleep.
- **Efficiency**: how much of your time in bed was spent asleep.
- **Latency**: how long it took to fall asleep. Oura notes the score may dip if it takes more than about 20 minutes.
- **Timing**: whether your sleep lined up with the night.
- **Restfulness** and **sleep stages**: how much you tossed and turned, and estimates of deep and REM sleep.

What the numbers mean (Oura)

Score	Oura's label
85–100	Optimal
70–84	Good
60–69	Fair
0–59	Pay attention

On the Galaxy Ring

Samsung Health gives a sleep score too, with an estimate of time in each sleep stage. Open **Samsung Health** and tap the **Sleep** card.

TIP

Look at the week, not the night

One poor night means very little. A score that stays low for a week or two, while you're also feeling tired, is worth mentioning to your doctor, especially if you snore loudly or wake up gasping.

HEADS UP

Sleep stages are estimates

Rings guess your sleep stages from movement, heart rate and temperature. A sleep lab measures brain waves. Treat the stage chart as a rough sketch, not a medical record.

WHAT THIS DOES FOR YOU

What this does for you

Many people learn simple things about their own sleep: a late meal, an evening nap or a warm bedroom shows up the next morning. Small changes, made on your own terms, can help you feel better.

CHAPTER 14

Readiness (Oura) and Energy Score (Samsung)

Both apps offer one number each morning that tries to answer, "How ready am I for today?" Oura calls it **Readiness**; Samsung calls it **Energy Score**.

STAY SAFE

A wellness estimate, not a diagnosis

This score or reading is a general-wellness estimate from a ring on your finger. It doesn't diagnose anything and can be wrong. A low score is a hint to take it easy, not a warning of illness. If a reading worries you, talk to your doctor. In an emergency, call **911**.

Oura Readiness

- A 0–100 score built from several contributors, such as resting heart rate, HRV balance, body temperature, recent sleep, sleep balance and recent activity.
- Each contributor is compared with **your own** history. Oura says it can take up to two weeks for the app to learn your averages.
- "Balance" contributors, such as Sleep Balance, look at roughly the last two weeks, not just last night.
- Tap the score to see which contributors pulled it up or down.

Samsung Energy Score

Samsung describes Energy Score as a single result based on your sleep patterns, activity and heart rate. You'll find it in Samsung Health and in Galaxy Wearable.

TIP

Use it to plan, not to worry

On a high-score day, that long walk with the dog may feel easy. On a low-score day, the same walk at a gentler pace is still good for you. Your body's signals come first; the score is a second opinion.

WHAT THIS DOES FOR YOU

What this does for you

Readiness and Energy Scores help some people stop pushing through on days they're run down, and feel more confident on days they're doing well.

CHAPTER 15

Activity, Heart Rate and HRV

Rings count steps and active time during the day and track your heart rate, especially while you sleep. Here's what each part means.

STAY SAFE

A wellness estimate, not a diagnosis

This score or reading is a general-wellness estimate from a ring on your finger. It doesn't diagnose anything and can be wrong. Rings aren't heart monitors and can't detect heart conditions. If a reading worries you, talk to your doctor. In an emergency, call **911**.

Activity Score (Oura)

- A 0–100 score each day. Oura counts 85 or above as optimal.
- Based on contributors such as steps and activity, training frequency and volume, and time spent sitting still.
- Oura sets a daily activity goal that adjusts to your Readiness.

Samsung Health shows steps, active time and calories from the Galaxy Ring on its home screen, and can detect some workouts automatically.

Resting heart rate

Your **resting heart rate** is your heart rate while you're still. Rings measure it best while you sleep. The useful part is the **trend**: a resting rate that's higher than your usual for a few nights often goes with a late night, alcohol, a hard workout, stress or a cold coming on.

HRV, in plain English

Heart rate variability (HRV) is the tiny difference in time between one heartbeat and the next. It changes naturally from person to person and with age, so **don't compare your HRV with anyone else's**. What matters is your own trend. Oura's "HRV balance" compares your last two weeks with your longer-term average.

HEADS UP

Heart medicines and conditions change the numbers

Beta blockers and some other medicines lower your heart rate and change HRV. A pacemaker, an irregular rhythm or poor circulation in the hands can also affect readings. Ask your doctor what's normal for you; don't adjust any medicine because of the ring.

WHAT THIS DOES FOR YOU

What this does for you

A gentle daily step goal and a look at your own trends can be good motivation, especially for people who like seeing progress without a screen on their wrist.

CHAPTER 16

Temperature Trends

While you sleep, the ring measures the **skin temperature** of your finger. The app doesn't show your actual temperature like a thermometer. It shows how far tonight is **above or below your own usual**.

STAY SAFE

A wellness estimate, not a diagnosis

This score or reading is a general-wellness estimate from a ring on your finger. It doesn't diagnose anything and can be wrong. The ring is not a thermometer and can't tell you whether you have a fever. If a reading worries you, talk to your doctor. In an emergency, call **911**.

Why it moves

- Things outside you: a warm bedroom, heavy blankets, a heating pad.
- Things in your daily life: a late meal, alcohol, a hard day.
- Natural rhythms, such as the menstrual cycle (Chapter 17).
- Sometimes, your body fighting off a bug.

TIP

If you feel feverish, use a real thermometer

If you feel unwell, take your temperature with a thermometer and call your doctor's office for advice. The ring's trend is a hint, never the measurement that counts.

WHAT THIS DOES FOR YOU

What this does for you

Seeing your temperature trend rise after a few warm nights may be the nudge to turn the thermostat down. That's the kind of practical help a ring is good at.

CHAPTER 17

Cycle Insights and Cycle Tracking

For people who have periods, both rings can use nightly temperature to help predict the next one. This is personal information, so it's entirely your choice whether to turn it on.

STAY SAFE

A wellness estimate, not a diagnosis

This score or reading is a general-wellness estimate from a ring on your finger. It doesn't diagnose anything and can be wrong. Cycle predictions are not birth control and not a fertility test. If a reading worries you, talk to your doctor. In an emergency, call **911**.

Oura Cycle Insights

- Uses your nightly temperature and other signals, such as HRV, to give a multi-day window for your next period.
- Works best after about two months of steady wear; until then, predictions rely on the dates you log.
- If you use hormonal birth control or are post-menopausal, Oura says you may see period predictions only, without cycle phases or a fertile window.
- Natural Cycles, a separate app and subscription, can use Oura data for its own birth control service.

Galaxy Ring cycle tracking

Samsung Health can use the ring's overnight skin temperature to predict your period. You'll be asked to agree to a disclaimer before turning on **Predict period with skin temp**. Samsung says the feature isn't a medical device and isn't meant for pregnancy planning or contraception.

HEADS UP

Changes in your cycle are for your doctor

If your periods change, become very heavy or painful, or you have bleeding after menopause, call your doctor. A ring can't explain why, and it shouldn't be relied on to notice.

GOOD TO KNOW

Your privacy

Cycle data is sensitive. Chapter 22 explains how to see what's stored and how to delete it.

CHAPTER 18

Symptom Radar, Health Radar and Rest Mode

Oura offers features that watch for changes from your usual pattern. The names can sound alarming, so here's plainly what they do and don't do.

STAY SAFE

These features do not detect disease

Oura says Symptom Radar shouldn't be used as a diagnostic tool, and that Health Radar features are for general wellness only. They can't tell a cold from the flu or anything else, and they can miss real illness. If you feel unwell, trust that and call your doctor. In an emergency, call **911**.

Symptom Radar

Symptom Radar looks at your temperature, resting heart rate, HRV and other signals. When several move away from your usual at once, the app may show signs of **strain** and suggest rest. It doesn't name an illness. Oura notes it may not work as well with some existing conditions or during pregnancy.

Health Radar

Health Radar is Oura's name for a group of features that look at longer-term patterns, rolled out in the U.S. in 2026 for Gen3, Ring 4 and Ring 5 members. One of them, **Blood Pressure Signals**, looks at nighttime pulse patterns over about 30 days. Oura says it **does not measure blood pressure** and doesn't show blood pressure numbers. You can also log readings from a regular blood pressure cuff.

HEADS UP

Your blood pressure cuff and your doctor come first

If you've been told to watch your blood pressure, keep using the cuff your doctor recommends and follow their advice. A ring pattern is not a blood pressure reading.

Rest Mode

Rest Mode is a simple switch for days you're unwell or recovering. It pauses your Activity goal and score and shifts Readiness toward rest. Turn it on from the menu in the top-left of the Oura app's home screen, and turn it off the same way when you're feeling better.

WHAT THIS DOES FOR YOU

What this does for you

Rest Mode takes away the guilt of a missed step goal on a sick day. The point is permission to rest, not a diagnosis.

PART 5

Everyday Living with a Ring

Galaxy Ring gestures and finding a lost ring, sharing with family and other health apps, water and care, and your privacy.

CHAPTER 19

Galaxy Ring Gestures and Find My Ring

The Galaxy Ring has two handy extras for Samsung phone owners: a finger gesture that controls the phone, and a way to find the ring if you take it off and forget where.

Double pinch

Tap your thumb and the finger wearing the ring together twice, quickly. Samsung calls this a **double pinch**. It can:

- **Dismiss an alarm** on your phone, handy when the phone is across the bedroom.
- **Take a photo or start a video** when the phone's Camera app is open, useful for group photos with the phone propped up.

Turning it on

1. Open the **Galaxy Wearable** app on your Samsung phone.
2. Tap **Gestures**.
3. Turn on **Dismiss alarm** and **Take picture or video**, whichever you'd like.
4. Tap **Try it** to practice and check that the ring sees your pinch.

GOOD TO KNOW

What it needs

Gestures need a Samsung Galaxy phone with One UI 6.1.1 or later. If you also wear a Galaxy Watch with its own double-pinch feature turned on, the ring's gestures are turned off so the two don't clash. If an alarm goes off while the camera is open, the double pinch stops the alarm first.

Find My Ring

In Galaxy Wearable, **Find My Ring** helps locate a ring you've taken off. On a Samsung phone, turn on **Offline finding** in the phone's settings ahead of time; the ring can then show its last known location in **Samsung Find**. On other Android phones the option is more limited: you can make the ring's lights blink when it's nearby.

TIP

Oura owners

Oura rings don't have a ring-finding map. Keep a habit: ring off, ring on the charger. The charger becomes its home.

WHAT THIS DOES FOR YOU

What this does for you

A double pinch to silence the alarm saves a stumble across a dark bedroom. Setting up Find My Ring now can save a frantic search later.

CHAPTER 20

Sharing: Oura Circles, Apple Health and Health Connect

You can share some of your ring data with family or friends, and with the main health app on your phone. Every kind of sharing is optional, and you can stop any time.

Oura Circles

Circles let you share your three main Oura scores (Sleep, Readiness and Activity) with other Oura members, such as a spouse or grown children who also wear an Oura ring.

- Invite people with a one-time link sent by email or text. Only Oura members can join.
- Share daily scores or weekly averages; you choose what each circle sees.
- You can be in up to 10 circles, each with up to 20 members.
- Members can react with emoji, but there's no messaging inside Circles.
- Change what you share, or leave a circle, at any time.

> TIP
>
> **A gentle check-in**
>
> Some families use Circles as a quiet daily "I'm up and about" signal. It isn't an emergency alert, and a missing score could just mean a flat battery, so don't rely on it for safety.

Oura and Apple Health (iPhone)

1. In the Oura app, open the menu and go to the settings for data sharing or integrations.
2. Choose **Apple Health** and turn on **Connect to Health**.
3. When the iPhone asks which data Oura may read and write, choose what you're comfortable with.
4. To change it later, open the iPhone's **Health** app, tap your picture, then **Apps** or **Data Access & Devices** and choose Oura.

Not everything copies across; Oura's own scores stay in the Oura app. The **Apple Health App** guide explains how to read your data there.

Health Connect (Android)

On Android, **Health Connect** is the shared health hub. In the Oura app's data-sharing settings, choose **Health Connect** and pick which kinds of data to share. For the Galaxy Ring, open **Samsung Health** > **Settings** > **Health Connect** and choose what to share with other apps.

WHAT THIS DOES FOR YOU

What this does for you

Sharing lets your ring's steps and sleep sit alongside your other health records on the phone, and lets family cheer each other on, all on your terms.

CHAPTER 21

Water, Wear and Care

Smart rings are made to be worn all the time, including in the shower. A few habits keep them comfortable and accurate.

Water

Ring	What the maker says
Oura Ring 4 and Ring 5	Water resistant to 100 m (328 ft). Fine for showers, swimming and the sauna; not for scuba diving.
Galaxy Ring	Rated 10 ATM water resistance and keeps tracking when wet.

Everyday care

- Rinse with clean water and dry with a soft cloth if lotion or soap builds up inside.
- Take it off for heavy lifting, gardening with tools or anything that could crush or scratch it.
- Titanium can scratch. That's cosmetic and doesn't affect tracking.
- If your finger swells (heat, travel, salty food), move it to a finger where it's comfortable.

STAY SAFE

Take it off for surgery, X-rays or swelling

Before a hospital procedure or scan, take the ring off and follow the staff's instructions. If your finger swells and the ring feels tight, remove it right away; soap and cool water can help. If it won't come off and your finger is painful or changing color, get medical help.

WHAT THIS DOES FOR YOU

What this does for you

A ring you can wear in the shower and in bed is a ring you never have to think about taking off, which is when it gives its best picture.

CHAPTER 22

Privacy and Your Data

A ring collects personal information: your sleep, heart rate, temperature and, if you choose, your cycle. It's worth knowing who holds it and how to remove it.

Oura

- Oura says it builds its products to support your well-being, **not to sell your personal data**.
- In the Oura app you can delete your health data or your whole account. Oura notes that deleting health data doesn't remove your account information.
- Oura's support site has a request form for getting a copy of your data, correcting it or having it deleted.

Samsung

Galaxy Ring data is stored in Samsung Health and can sync to your Samsung account. Samsung Health's settings let you manage syncing and download or delete your data. Samsung's privacy policy explains the details.

Good privacy habits

- Use a strong, unique password for your Oura or Samsung account.
- Only share with apps and people you know, and review sharing once a year (Chapter 20).
- Before selling, giving away or returning a ring, remove it from your account and reset it.
- Turn off features you don't use, such as cycle tracking, if you'd rather not store that data.

WHAT THIS DOES FOR YOU

What this does for you

A few minutes in the settings means your health data stays yours, and you can enjoy the ring without wondering where your information goes.

PART 6

Money and Safety

Canceling the Oura Membership, returns and exchanges if you ordered the wrong size, and the fake discount sites that use smart rings as bait.

CHAPTER 23

Canceling the Oura Membership

If you decide the full app isn't worth $5.99 a month, you can cancel. The ring keeps working with the basic scores (Chapter 7). Samsung Galaxy Ring owners have nothing to cancel.

First: who bills you?

- If you signed up with Oura directly, you cancel with Oura.
- If you started the membership through Apple's App Store or Google Play, you cancel there instead. On iPhone: **Settings** > your name > **Subscriptions**. On Android: **Google Play** > your picture > **Payments & subscriptions** > **Subscriptions**.
- Not sure? Look at your card statement or search your email for the receipt.

Canceling with Oura

1. Open the Oura app and tap the menu.
2. Go to **Settings**, then find **Account** and **Manage membership**. This opens Oura's Membership Hub.
3. Choose **Cancel membership** and follow the prompts.
4. Check that it now shows as canceled, and take a screenshot for your records.
5. If you can't find it in the app, sign in to the Membership Hub on Oura's website in a web browser.

GOOD TO KNOW

What happens next

You'll usually keep full access until the end of the period you've paid for. After that, the app switches to the basic scores. You can rejoin later.

HEADS UP

Returning the ring doesn't automatically cancel the membership

If you send a ring back, cancel the membership separately and check that it shows as canceled, so you aren't charged for a ring you no longer have.

WHAT THIS DOES FOR YOU

What this does for you

Knowing exactly where to cancel takes the worry out of trying the free month. See the **Subscriptions** guide for a once-a-year check of every recurring charge.

CHAPTER 24

Returns, Exchanges and Ordering the Wrong Size

Ordered the wrong size, or just don't get on with it? Act quickly; return windows are short.

Oura

- Oura's posted policy allows a return for any reason within **30 days** of receiving the ring.
- Only one return *or* exchange is allowed per ring, such as one exchange for a different size. After an exchange, a refund return isn't possible.
- If you bought on Affirm, the refund goes back to the Affirm account; interest already paid isn't refunded.
- Bought at a store such as Target or Best Buy? That store's own return policy applies.

Samsung

- Samsung's return window for wearables bought on samsung.com or the Shop Samsung app is **15 days** from delivery, with 15 more days to send it back after you request the return.
- Report a damaged or defective item within 5 days of delivery.
- Rings bought elsewhere go back to that store under its rules.

If you ordered the wrong size

1. Don't keep wearing it hoping it'll stretch or shrink. Rings don't change size.
2. Use the sizing kit again (Chapter 9) and wear the new size for a full day and night.
3. Start the exchange or return on the maker's site, or with the store you bought it from, inside the window.
4. Pack the ring and its charger as instructed, and keep the tracking number.
5. For Oura, remember the membership is separate (Chapter 23).

HEADS UP

Check today's terms before you send anything

Return rules change and can differ for sale items or financed purchases. Read the current policy on the maker's or store's website, and save the confirmation email.

CHAPTER 25

Scams: Fake Discount Sites and Secondhand Rings

Popular gadgets attract scammers, and smart rings are no exception, especially around the holidays.

SCAM ALERT

The too-good-to-be-true ring

An ad on social media offers an Oura or Galaxy Ring at 70% off from a site you've never heard of. These are often **lookalike websites** with a slightly misspelled name that take your card number and send nothing, or a fake. Oura warns that fake websites and emails imitate the company to steal personal and bank details.

How to buy safely

- Type the address yourself: **ouraring.com** or **samsung.com**, or go to a store you know.
- Check the spelling of the web address letter by letter. Oura says a misspelled Oura name means a fake site.
- Pay by credit card, which gives you more protection than a debit card, wire, Zelle or gift card.
- Real sales happen, at the maker's site and at major stores. A huge discount on a site you've never heard of is the warning sign.

SCAM ALERT

"Your Oura account will be suspended"

Oura notes that scam emails often create urgency, threaten to suspend your account, or promise a payout if you act now. Don't click. Open the Oura app yourself to check your account.

Secondhand rings

Oura says rings that have been replaced, reported lost or flagged as fraudulent may be blocked or disabled. A used ring from an online marketplace could stop working with no way to fix it, and it may not be covered by any warranty. If you buy used, buy from someone you know, and have them remove it from their account first.

SCAM ALERT

Fake support numbers

Searching "Oura phone number" can turn up fake support lines. Get help from inside the Oura app or from support.ouraring.com, and from samsung.com for the Galaxy Ring. Real support will never ask for a gift card or to take control of your computer.

WHAT THIS DOES FOR YOU

What this does for you

Buying from the maker or a known store means your ring arrives, works, and can be returned. That's worth more than any discount from a stranger's website.

PART 7

Fixing Hiccups and Getting Help

Calm fixes for a ring that won't sync, won't charge or doesn't fit, when to call Bill, and your one-page cheat-sheet.

CHAPTER 26

Troubleshooting: Not Syncing, Not Charging, Wrong Size

Most ring problems have simple fixes. Try these in order, and give each one a minute.

The ring stopped syncing (Oura)

1. Put the ring on its charger for at least 20 minutes. A flat ring can't sync.
2. Open the Oura app and leave it open on the home screen with the phone near the ring.
3. Turn the phone's Bluetooth off and back on.
4. Restart the phone.
5. Make sure the ring isn't connected to another phone or tablet.
6. Check the app's permissions: Bluetooth (and Nearby Devices on Android) must be allowed.
7. Still stuck? Uninstall and reinstall the Oura app and sign in again. A factory reset of the ring is the last step; Oura Help explains how, and support can walk you through it.

The Oura ring won't charge

1. Check you're using the right charger: Oura chargers are specific to the ring's size and generation.
2. Plug the dock in with no ring on it and watch the light. On Ring 4 and Ring 5 docks, a white light that fades away means the dock is working.
3. If the dock light blinks red, contact Oura support and tell them what you've tried.
4. A blue light means the ring isn't paired to a phone and is ready to connect; pair it in the app.
5. Try a different wall adapter, USB-C cable or outlet.

Galaxy Ring not working or not charging

1. Check the ring is seated properly in the case and the case is plugged into a working outlet.
2. If the ring is frozen, press and hold the case's multipurpose button for more than 7 seconds to restart it.

3. If that doesn't help, sync Samsung Health, then reset the ring in **Galaxy Wearable**. Resetting may delete data that hasn't synced yet.
4. If nothing works, contact Samsung Support for service.

It doesn't fit

- Too loose? Readings suffer and it can slip off. Try a bigger finger, or exchange it (Chapter 24).
- Too tight at night? Fingers swell; move it to a smaller finger, or exchange it.
- Ordered the wrong size? See Chapter 24 right away; the return window is short.

Scores look wrong

- Wear it snugly, sensors toward the palm, and keep it charged overnight.
- Give it two weeks to learn your normal.
- Remember that the numbers are estimates (Chapter 3). If a reading worries you, call your doctor; in an emergency, call 911.

> **TIP**
> **Write down what you tried**
> If you end up contacting support or calling me, a short list of what you've already tried saves time for everyone.

CHAPTER 27

When to Call Bill

Most of what's in this guide you can do yourself, and I hope you will. But some things are easier with someone beside you. Here's when a hand is honestly worth it.

Good reasons to call

- You'd like help deciding between Oura and Samsung, or whether a ring or a watch suits you better.
- You're giving a ring as a gift and want it set up, charged and paired before the big day.
- The ring won't pair, won't sync or keeps disconnecting.
- You'd like your ring connected to Apple Health or Health Connect, or a Circle set up with family.
- You want to cancel the Oura Membership or check who's billing you.
- You got an email or saw an ad about a ring and aren't sure it's real.
- You've changed phones and need the ring moved over without losing your history.

What working with me is like

I've spent more than 30 years in professional technology work, and I help people across Portage County, Ohio, in person and remotely. I go at your pace, explain as I go and write down the steps for you to keep. I'm not a medical professional, so I'll never interpret your health readings; that's a conversation for your doctor. What I can do is make sure the technology is working the way it should.

FROM BILL

Call or book a time

Call **(330) 200-8042** or book at **billshometech.com/book**. Help is $49 remote · $99 in your home.

GOOD TO KNOW

Meet Sophie

When I'm with another client, my AI receptionist, Sophie, may answer the phone or the website chat. She can take your details and book a time, and I'll take it from there.

— Bill

CHAPTER 28

Your Smart Ring Cheat-Sheet

Keep this handy. It's the whole guide in one place.

The essentials (as of November 2026)

Item	Detail
Oura Ring 5	From $399 · sizes 6–13 · about a week of battery · iPhone or Android
Oura Ring 4	From $349 · sizes 4–15 · 5–8 days of battery · Ceramic launched at $499
Oura Membership	$5.99 a month or $69.99 a year · first month free · auto-renews
Without membership	Sleep, Readiness and Activity scores, battery, settings, Explore
Samsung Galaxy Ring	$399.99 list · no fee · Android only · sizes 5–15 · up to 7 days
Water	Oura: 100 m, not for diving · Galaxy Ring: 10 ATM
Returns	Oura: 30 days, one return or exchange · Samsung.com: 15 days

Where things are

To do this	Go here
Cancel Oura	Oura app > **Settings** > **Account** > **Manage membership** (or Apple/Google if billed there)
Rest Mode	Oura app > menu (top left) > **Rest Mode**
Share with family	Oura app > **Circles**
Galaxy Ring gestures	Galaxy Wearable > **Gestures**
Restart a frozen Galaxy Ring	Hold the case button more than 7 seconds
Real websites	**ouraring.com** · **support.ouraring.com** · **samsung.com**

Write it down once

Item	Write it here
My ring and size	_____
Account email (Oura or Samsung)	_____
Who bills my membership	_____
Membership renewal date	_____
Where I bought it and return deadline	_____
My doctor's office	_____
Bill's Home Tech	(330) 200-8042 · billshometech.com/book

When something's wrong, in order

1. Charge the ring for 20 minutes.
2. Open the app with the phone nearby; toggle Bluetooth; restart the phone.
3. Check the charger is the right one and look at its light.
4. Contact Oura or Samsung support from their own app or website, or call me at (330) 200-8042.

STAY SAFE

Health first, always

Ring scores are wellness estimates, not a diagnosis. Talk to your doctor about any reading that worries you. In an emergency, call **911**.