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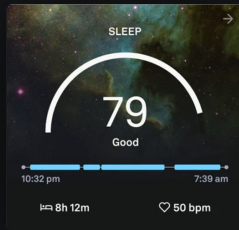
Blend Associates

Dec 2023

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The key to unlocking a higher level of performance is at hand.

Oura Ring monitors key biomarkers and metrics that deliver precise daily insights into overall well-being using three simple scores:



Sleep

Improves sleep by accurately tracking quantity and quality of rest, including sleep stages, schedule, and nightly heart rate.



Readiness

Provides a holistic picture of sleep, activity, and body stress signals like temperature and heart rate variability (HRV) to enable peak productivity.



Activity

Elevates performance by finding the right balance between activity and recovery, heart rate, inactivity, and recovery time.

Research-grade health indicators. Wrapped right around your finger.

Oura measures



Blood oxygen sensing



Daytime heart rate



Respiratory rate



Heart rate variability (HRV)



Sleep timing and quality



Body temperature trends



Resting heart rate

Collected data provides insights on

⦿ Activity levels

⦿ Inactive times, naps

⦿ Step tracking

⦿ Workout heart rate

⦿ Moments and meditation

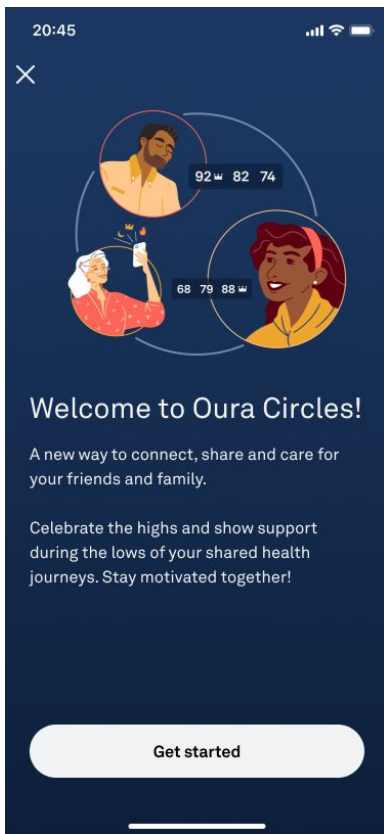
⦿ Light, deep, and REM sleep

⦿ Calorie burn

⦿ Nighttime movement

⦿ Period prediction

New Features



Community Features

Practicing wellness with each other

- Oura Circles
- Sharing daily scores in meetings
- Learn more on:

[The Pulse](#)

[LinkedIn](#)

[Instagram](#)

Daytime Stress

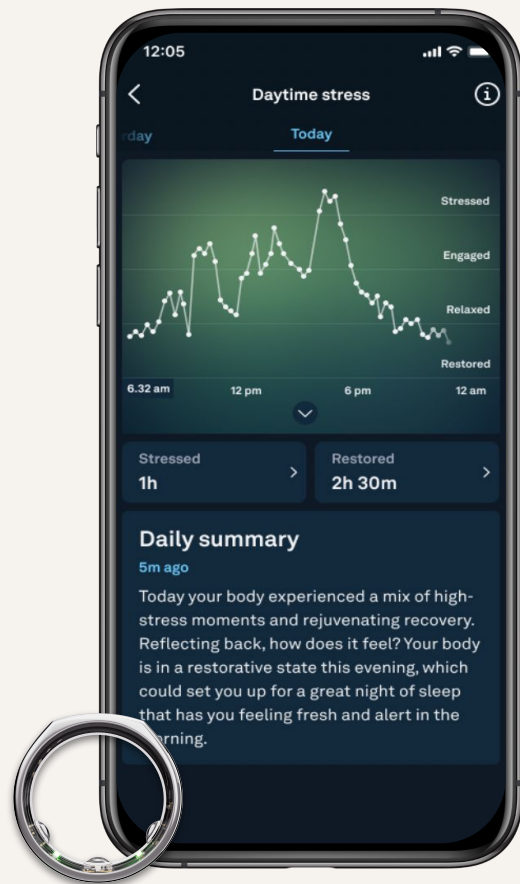
Daytime stress measures your heart rate, HRV, motion and temperature throughout the day to provide ongoing insights into your physiological stress.

Stress is categorized into one of four zones:

- Stressed
- Engaged
- Relaxed
- Restored

Daytime stress is only calculated during waking hours. You must wear your ring during the day and night to establish your baselines for Daytime stress

For more information, please visit [Oura's Pulse Blog](#)



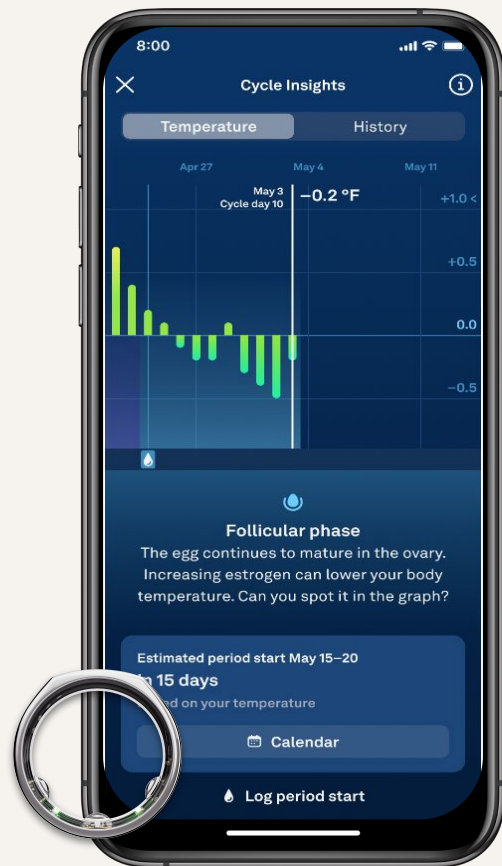
Cycle Insights

Cycle Insights uses temperature sensors to detect temperature trends and derive a period prediction and visualize your monthly cycle

Understand what phase of the menstrual cycle you are in by viewing Cycle Phases. Prioritize your health and recovery by understanding what phase your body is in.

See prediction alerts and insights in Home at various points in your cycle.

For more information, [click here](#)



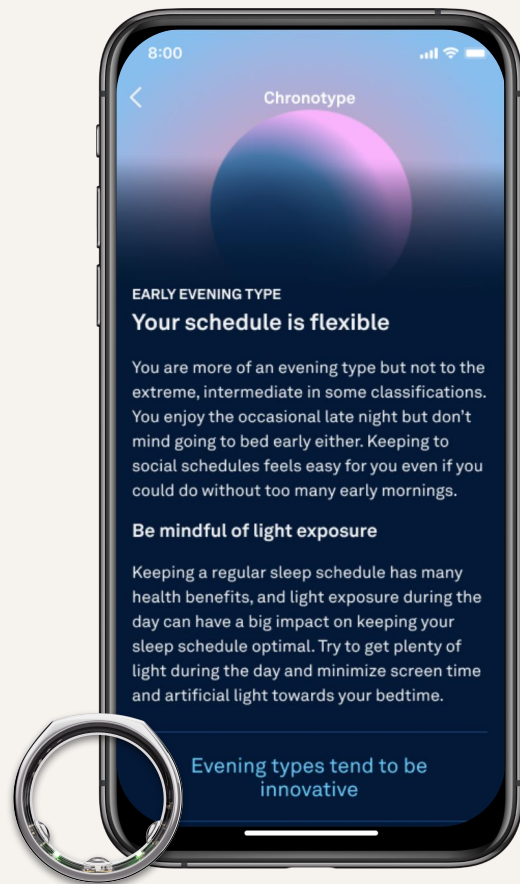
Body Clock and Chronotype

Your optimal sleep window is based on your chronotype-the biological baseline or circadian rhythm that determines when you are at your most active and alert.

Oura take data from the past 90 days to calculate your chronotype. Oura divides chronotypes into six types:

- Early morning type
- Morning type
- Late morning type
- Early evening type
- Evening type
- Late evening type

Body Clock will provide guidance on how much to adjust your sleep timing in order to align with your circadian rhythm. [Click here](#) for more information



Blood Oxygen Sensing (SpO2)

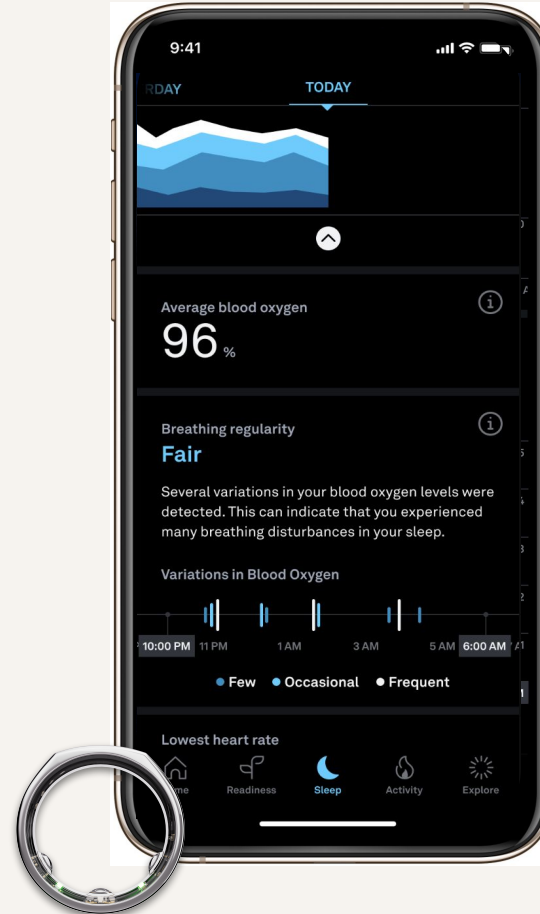
The Average Blood Oxygen reading is a percentage of your blood that contains oxygen.

The Breathing Regularity graph displays variations in how much oxygen is in your blood.

If your blood oxygen levels are measures as “Optimal”, the Oura App will not display a Breathing Regularity timeline

Use Trends to see Daily, weekly and monthly averages to spot longer term patterns.

For more on Blood Oxygen Sensing, [click here](#)



Trends

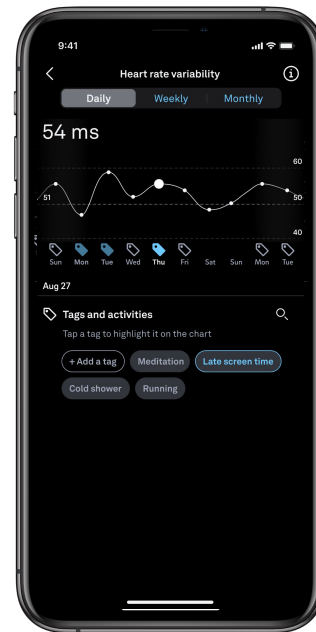
Trends allow you to monitor individual metrics over time. For example, if you want to see how your HRV has fared over the past 10 weeks, you can do so using the Weekly view.

To navigate to the Trends page, simply click the menu icon (☰) in the upper left-hand corner of the Home tab and select 'Trends'. Or tap on any of the displayed trends on the Home Screen to view in-depth details.

From there, you can choose to view different metrics across Readiness, Sleep, and Activity. These metrics can be viewed on a Daily, Weekly, or Monthly basis.

Using Tags can help provide a deeper understanding of your own data. Tags will help show correlations between behaviors and Sleep, Readiness, and Activity Trends.

Find more information about Trends [here](#)



Rest Mode

Rest Mode is a unique mode in the Oura app, designed for days when your body and mind need additional time to rest. This need for rest may be the result of an illness, an injury, or even jet lag. In general, though, Rest Mode can be used anytime you feel lethargic or overworked.

By using Rest Mode, you're proactively taking time to recover. For as long as you decide to keep Rest Mode on, your Activity Progress Goal, Activity Score, and all activity-related contributors will be disabled. Your Readiness and Sleep insights will also be tailored to help you prioritize rest and recovery during this time.

There are two ways to enable Rest Mode:

1. Tap the menu icon (☰) in the upper left-hand corner of the Home tab. Then, select 'Rest Mode'.
2. When prompted, tap the Rest Mode notification card on the Oura home tab.

[Click here](#) for more information on Rest Mode

