

BOOM

RING & APP

HEALTH

RESEARCH & VALIDATION

STORIES

Oura Ring Validated Against Electrocardiogram for Use as HRV Athletic Training Tool



Author: Oura Team | August 27, 2018



Results have been published from a study by the University of Oulu comparing Oura's heart rate variability data (HRV) against the state-of-the-art method in the field—electrocardiogram (ECG) HRV.



[Meet Oura Ring](#)

[Life with Oura](#)

[The Pulse Blog](#)

[Shop Now](#)

[HOME](#)

[RING & APP](#)

[HEALTH](#)

[RESEARCH & VALIDATION](#)

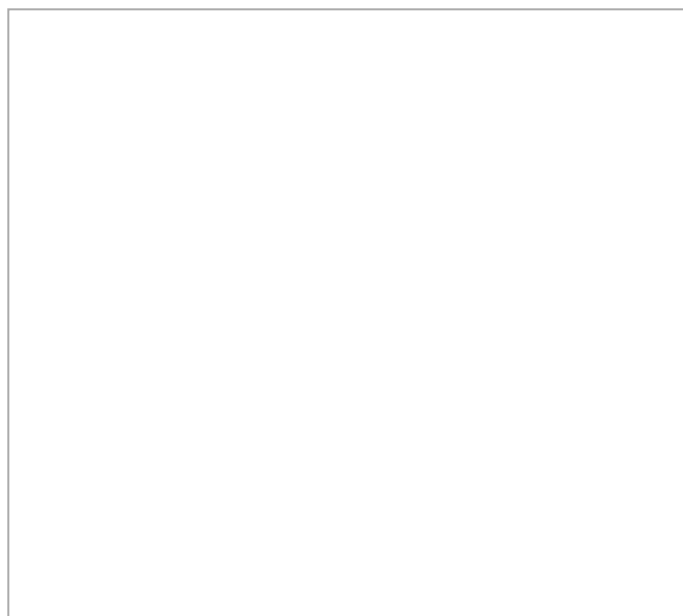
[STORIES](#)

Oura was found to have:

- 99.9% reliability compared to medical-grade ECG for Resting Heart Rate.
- 98.4% reliability compared to medical-grade ECG for Heart Rate Variability.

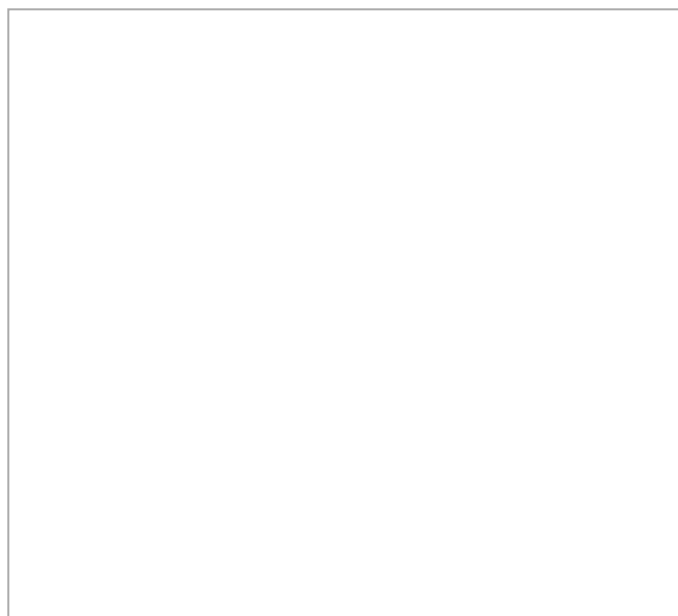
[Read The Study](#)

Featured Articles



RESEARCH & VALIDATION

[LifeTraq Launches Pilot Program To Determine If Oura Rings Can Help Predict Addiction Relapse](#)



RESEARCH & VALIDATION

[How Accurate Is Oura's Respiratory Rate?](#)



[Meet Oura Ring](#)

[Life with Oura](#)

[The Pulse Blog](#)

[Shop Now](#)

[HOME](#)

[RING & APP](#)

[HEALTH](#)

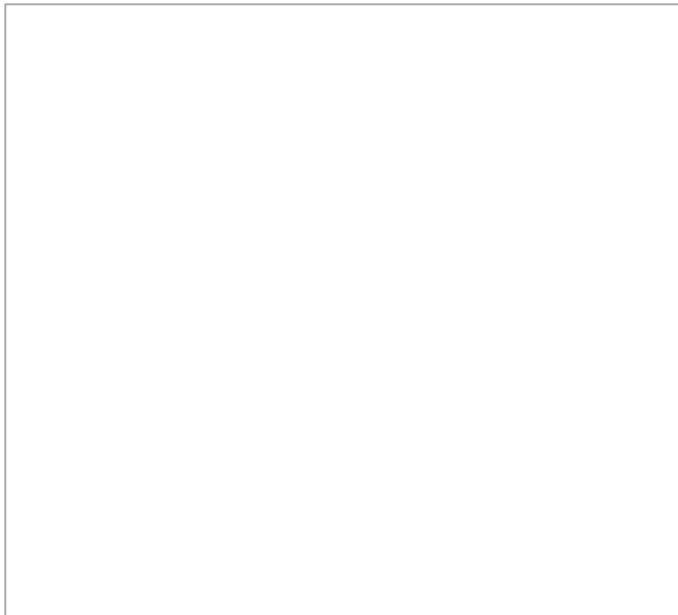
[RESEARCH & VALIDATION](#)

[STORIES](#)



[NEWS](#)

[UCSF TemPredict Study](#)



[RESEARCH & VALIDATION](#)

[How Accurate Are Oura's Heart Rate & HRV Measurements?](#)



[Meet Oura Ring](#)

[Life with Oura](#)

[The Pulse Blog](#)

[Shop Now](#)

[HOME](#)

[RING & APP](#)

[HEALTH](#)

[RESEARCH & VALIDATION](#)

[STORIES](#)



[About](#) [Press](#)

[Support](#) [Shipping](#)

[Careers](#)

[Returns](#)

[Contact](#)

[Help](#)

[Oura on the web](#)

[My Order](#)

[The Oura app](#)

[Sizing](#)

