



01 Select Style | 02 Select Size | 03 Cart

Use free specialized sizing kit (highly recommended)



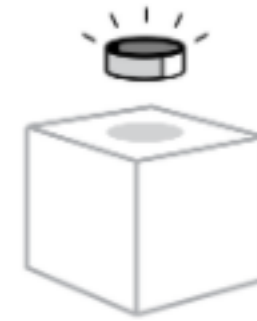
01
You'll first receive your Oura Ring Sizing Kit in approximately 1 week.



02
Wear the sizing ring on any finger, on either hand, for 24 hours. Index, middle, or ring finger usually work best.

CONFIRM YOUR SIZE

03
To confirm your size, simply follow the instructions located on the inside of your sizing kit.



04
Once you confirm your size, your ring will be on its way and arrive in 2-6 business days.

Choose your size manually

ADD TO CART

Shop With Confidence
30-Day Return Period | 2-Year Warranty | Secure Checkout | PayPal Accepted