



Monte Newman



★★★★★ February 4, 2026

This ring and companion app are amazing. It lets me dial in on aspects of my health that even doctors tend to ignore. It gives you the data and insights to make better decisions to get you healthy both physically and mentally. It's also very comfortable, looks good, and tends to have a pretty sweet battery life. Get yours today!



Robert Knight



★★★★★ February 10, 2026

Best app I ever had for tracking health



Curtis Walchel



★★★★★ January 25, 2026

get the ring, get the app. life changing data at the tip of your finger taken from the base of your finger.



Sheila Deasy



★★★★★ January 24, 2026

great, intuitive app with many features. easy to use. so much information available and the ai is helpful.



B K



★★★★★ February 11, 2026

I think the ring and app are fantastic. I couldn't be happier with the product and customer support. The app is simple to understand. It gives from what I can tell highly accurate info. The company is continually adding new and cool features. It is very helpful for improving sleep, and I love the readiness score! Some people complain about the subscription price, in comparison the whoop is \$30 a month, I'll take Oura any day over whoop!! February 2026 5 years with Oura absolutely no complaints!



Sara Gallegos-Williams



★★★★★ January 24, 2026

I check my body stats faithfully every am in love my oura ring and app



Charles Guillory



★★★★★ January 26, 2026

Great app. very precise data.



Mariah Alvarez



★★★★★ January 30, 2026

I have been with Oura for a few years now. I am extremely happy with my ring & the features in the app!
I use this with my watch to track my health & I absolutely love it. 10000/10



Netta Mosseri



★★★★★ January 30, 2026

I love this app, I am more in control of my well being and have more control on my stress levels



Monika Dyker



★★★★★ February 4, 2026

Love my Oura ring and app. Use it all the time to track my calories burn, stress management, sleep and many other stuff like blood oxygen etc.



Daniel Bender



★★★★★ February 4, 2026

App is usually spot-on with my sleep score and my overall feeling. Allows me to share actual trend data with my doctor.



Shay



★★★★★ February 4, 2026

best way for me to monitor my ups and downs and make better sense of my lifestyle choices. absolute game changer in my health!



Ali E



★★★★★ February 5, 2026

This app has been so helpful in understanding my health.



Tim Anderson



★★★★★ February 5, 2026

GREAT JOB! KEEP INNOVATING!! YOU GUYS ARE AMAZING!



Bodin Allen



★★★★★ February 5, 2026

changed my life



Amber A



★★★★★ February 6, 2026

extremely user friendly, well-designed, and informative. new features frequently added that are actually useful.



Molly Kay Parsons



★★★★★ February 6, 2026

I had an Oura ring for over 4 years now. its amazing and the app is easy to use. the new additions throughout the years have been awesome.



Lisa M Schoenfeldt



★★★★★ February 11, 2026

Impressed with how much information and analytical data is provided. Very interesting! Husband & I both love our Ouras! Keeps us motivated to stay active!



Steve Jones



★★★★★ February 8, 2026

This is THE best tool with incredible insights on opportunities to improve my overall health. I cannot endorse it enough to someone who may be on the fence & considering it for their life.



Natasha W.



★★★★★ February 10, 2026

I have been an Oura customer for many years. I have watched the App and ring features improve over the years. I gain valuable insights on my activity level, sleep, and overall well-being. When I have trouble sleeping, the meditations and stories really work.



Nichelle Stetler



★★★★★ February 10, 2026

It has been helpful in learning my body more especially dealing with chronic illness. Originally had visible but this gives more info.



Thai Vui Lee



★★★★★ January 30, 2026

constantly improved