

Apple Watch or Oura Ring, which is right for you?

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Apple Watch - The watch that can do everything

Advantage

1. Bright OLED display
2. Great workout tracking and sensors
3. Can use mobile data for calling and texting
4. Shares most features with more expensive Apple Watch models
5. Apple Pay available
6. Waterproof up to 50m
7. No membership fees for core features

Disadvantages

1. Battery life is better than phones. but not by much
2. Compatible with iPhone only
3. Heavier than Oura Ring

Price range	4,600,000 VND - 20,699,200 VND
Sensor	Second-generation optical heart rate sensor, Compass, Always-on altimeter, High-gloss accelerometer, High dynamic range gyroscope, Ambient light sensor
Battery	12 - 16 hours



Oura Ring - A Tool with a Specific Purpose

Advantage

1. Light
2. Elegant and fashionable
3. All rings have the same internal parts.
4. Best-in-class sleep tracking
5. Full health data to mine
6. You can use it for days before charging.

Disadvantages

1. No screen
2. Subscription fee required for basic features
3. Workout tracking less seamless than Apple Watch

Price level	About 7,000,000 VND to 14,100,000 VND
Sensor	15 includes green and red LEDs, LED (IR), additional negative temperature coefficient (NTC) sensor, additional IR sensor, accelerometer,
Battery life	3-5 days



So, it's easy to see that the Apple Watch simply does more than the Oura Ring for the same price. It's more versatile, and that makes it easier to recommend. The Oura Ring is a great, discreet health and fitness tracker, but that's about it. The Apple Watch can be whatever you need it to be—whether it's a second phone, a FitBit, or just a watch. It all depends on what you want to use it for.

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