

# Should I buy a smart watch or ring?

If you're in the market for a new wearable and are torn between a smartwatch and a smart ring, this guide will break down the differences between the two and advise you on which one to buy.

From tracking your fitness to relaying notifications from your phone, smartwatches can become an integral part of your life, but they aren't always convenient. Smart rings are a more convenient option with similar features. If you're in the market for a new wearable and are torn between a smartwatch and a smart ring, this guide will break down the differences between the two and advise you on which one to buy.

## Comfort and convenience

Smartwatches are generally comfortable to wear, especially if you're used to wearing a watch. Most modern smartwatches are quite thin and light, so they don't feel bulky unless you opt for the Apple Watch Ultra or Samsung Galaxy Watch Ultra.



It's worth noting that smartwatches - while comfortable to wear during the day - can be uncomfortable to wear while sleeping. While you can take them off before bed, that means you won't have sleep tracking - a feature that's important to many people.

Smart rings are incredibly lightweight and minimalist, just like any other ring. They are a little thicker than a regular wedding ring, mostly to accommodate all the electronics and batteries. However, you will get used to the extra thickness after a day or two.



Because of its minimalist design, the smart ring doesn't interfere with your sleeping position. It doesn't feel uncomfortable when you go to sleep, unlike a smartwatch. In fact, after a few days of wearing the smart ring, I completely forgot I was wearing it. That's how seamlessly it integrates into your life.

## **Features and accuracy**

At their core, both smartwatches and smart rings are health trackers, so keeping track of metrics is important.



In terms of basic metrics like steps taken, calories burned, and distance covered, both smart rings and smartwatches are similar. Smart rings even have the ability to measure heart rate and SpO2 levels, just like smartwatches. There is also a sleep tracking feature, completing the package.



Even when it comes to outdoor walking workouts, there's not much to differentiate the two devices. However, with more complex situations and sports, smart rings can struggle. The Apple Watch can accurately track your badminton performance, but the ring cannot. Furthermore, most smartwatches have built-in GPS to track runs, while smart rings lack that functionality due to their smaller size.



The companion apps for both the smartwatch and the smart ring are identical in terms of data and functionality. You can get a good overview of your stats, no matter which device you're using.

## **Battery life and charging**

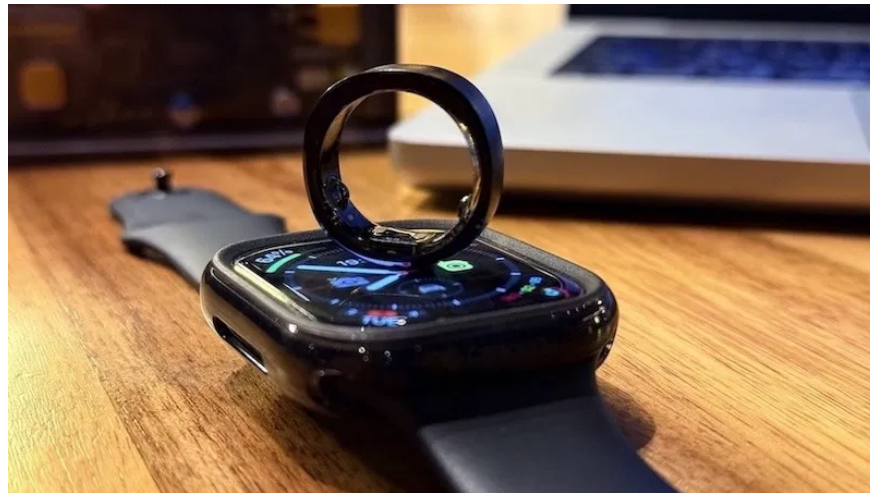
This is one area where the smart ring has a clear advantage. Despite its small size, the RIngnn smart ring can last about a week on a single charge. When the battery runs out, just leave it in the charging case for two hours and you can use it for another week.



The Apple Watch, on the other hand, can last about 36 hours on a single charge. In short, you have to charge it every day. While that's not a huge deal, it might be a deal-breaker for some people. Some smartwatches with limited functionality have better battery life, so that might be an option.

## **Should I buy a smart watch or a smart ring?**

First, let's address the fact that the core functionality that both gadgets offer is more or less the same. If your goal is to track your health and want a solution that's not obtrusive, then a smart ring is a great gadget.



Smart rings are much more minimalistic and comfortable as they don't take up as much space on your arm as a smartwatch. On the other hand, smartwatches definitely offer more functionality. If you play a lot of sports and want detailed metrics on them, a smartwatch is definitely the way to go.

Smartwatches can also make calls, record your runs via built-in GPS, and act as a helpful assistant to your smartphone, performing small tasks like setting reminders and creating to-do lists. If you're looking for any of these features, a smart ring won't cut it.



It's important to list your priorities and requirements. If you're only focused on tracking sleep, heart rate, and gym workouts, and don't play sports or care about notifications, then a smart ring will do.

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