

Top 6 smart ring models today

Wearable smart devices are changing our lives. Unlike watches and bracelets, smart rings are smaller, lighter, and their capabilities are still a mystery.

Smartwatches are out, and smart rings are the new trend. Samsung is the first leading tech brand to release its own smart ring, the Galaxy Ring. While the Galaxy Ring is something to look forward to, there are plenty of other smart rings on the market that are worth considering if you want to try this new technology.

Oura Ring Gen3



Oura Ring Gen3 Specifications:

1. Material: Lightweight titanium with hypoallergenic, metal-free inner casting
2. Battery life: 4 to 7 days
3. Charging: Fully charged in 20 to 80 minutes
4. Compatibility: iOS and Android
5. Durability: Water resistant up to 328 feet

What sets Oura apart from its competitors is its excellent user interface, which stores all the health data you need without overwhelming you. Each number or graph is typically followed by a concise and easy-to-understand summary that takes your data and turns it into a helpful suggestion for sleep, activity, or stress alerts. You can also easily click on a metric, whether it's heart rate variability or breathing rate, and get a historical view over time. The ease of being able to see daily, weekly, and monthly health data—and the way that data is clearly communicated through the app—is a big part of what makes Oura the best smart ring.

Each day, you'll receive a sleep and readiness score that informs your activity and rest from yesterday and the night before and applies to the next day. A simplified overall score appears alongside detailed charts tracking your heart rate, body temperature, and blood oxygen levels throughout the day and night. The ring also automatically senses when you're stressed and adjusts your activity goals accordingly.

There are many reasons to choose Oura, but the biggest reason is the number of apps that partner with Oura. Natural Cycles, Strava, and many other health apps offer data syncing to their apps. This comprehensive yet simple approach is evident in the ring's design and integration. The ring syncs with Apple Health, Google Fit, and iOS and Android apps, allowing you to view daily and even monthly metrics from your mobile device.

Ultrahuman Ring Air



Ultrahuman Ring Air Specifications

1. Size: 5-14
2. Material: Titanium coated with Tungsten Carbide Carbon
3. Color: Matte Gray, Aster Black, Space Silver, Bio Gold
4. Water Resistance: Up to 330 feet
5. Sensors: Infrared photoplethysmography (PPG) sensor, Medical-grade non-contact skin temperature sensor, 6-axis motion sensor, Red LED (heart rate and oxygen saturation monitoring) Green LED (heart rate monitoring), Infrared LED (heart rate monitoring)
6. Connectivity: Bluetooth Low-Energy
7. Battery: Up to 6 days

If you want to track calories and micro-calories, count steps, train for your next marathon, get training guidance, and more, there's no better smart ring than the Ultrahuman Ring Air. This ring is designed for fitness enthusiasts who want to optimize their body's power to have the mental and physical energy they need throughout the day. From the moment you wake up to the moment you fall asleep, the Ultrahuman provides insights on how to make the most of your day with reminders about when to consume caffeine, get some sunlight, get up and walk around, and stretch.

The ring is as discreet and comfortable as possible. Unlike the Oura Ring, which is prone to scratches when exposed to any abrasive material, the Ultrahuman Ring Air retains its matte finish.

Samsung Galaxy Ring



Galaxy Ring Specifications

1. Material: Titanium
2. Battery life: 7 days
3. Size: 5 to 13
4. Compatibility: Android:
5. Durability: 10ATM water resistance rating
6. Charging: Charging box

The Samsung Galaxy Ring was released in July and is a wearable that any Android user will love.

The Galaxy Ring is similar to many of the smart rings on this list in terms of features. Like the other rings, you get sleep and activity tracking. The Galaxy Ring uses AI algorithms to determine sleep quality, sleep patterns, and more, and provides a score every morning to summarize your night's sleep. There's snoring analysis, sleep movement, sleep time, heart rate and breathing tracking.

All of this data is collected and stored through the Samsung Health app, which Android users can access. This also means that iPhone users won't be able to use the Galaxy Ring with their phone unless they switch to Android.

Another benefit of having the Galaxy Ring in the Samsung ecosystem is that you can log your workouts on your Samsung Galaxy smartwatch and your sleep on the smart ring, then combine all the data together. You can still use the ring to log activity, as Samsung offers activity-supporting features like power points, inactivity alerts, and automatic exercise detection.

Like Oura, the Galaxy Ring also partners with Natural Cycles and provides cycle insights in the Samsung Health app. The app tells you whether you're fertile, how many days until your period is due, and what phase of your cycle you're in. It also has a symptom log.

RingConn Smart Ring



RingConn Smart Ring Specifications

1. Material: Titanium
2. Battery life: 7 days
3. Size: 6 to 14
4. Compatibility: iOS and Android
5. Durability: IP68 Waterproof Rating
6. Charging: Charging box

The RingConn Smart Ring is a great choice for people looking for two things:

1. A ring that includes many of the great features of the Oura or Evie Ring, like heart rate, SPO2, and sleep tracking, but for men, women, and non-binary people
2. There are no additional monthly subscription fees for the RingConn Smart Ring. All you have to pay for it is an upfront cost of \$279.

In addition to the ring's 7-day battery life, the charging case also provides a 500 mAh battery that can power the ring for up to 150 days.

Amazfit Helio Ring



Amazfit Helio Ring Specifications

1. Material: Titanium
2. Battery life: 4 days
3. Size: 10 and 12
4. Sensors: PPG heart rate sensor, temperature sensor, EDA sensor
5. Compatibility: iOS and Android
6. Water resistance rating: 10 ATM water resistance

Smartwatches and smart rings serve different purposes. Smartwatches tend to be better at tracking activity, while smart rings excel at tracking sleep. If you want both a smartwatch and a smart ring, you should get the Amazfit Helio Ring, the only smart ring that also boasts smartwatch compatibility, to get all your fitness and sleep data in one place.

This ring is great for tracking sleep. Sleep tracking includes readiness score, sleep score, resting heart rate, sleep heart rate variability (HRV), and recovery time. A more detailed breakdown of your sleep, including time and percentage in deep and REM sleep, appears in the sleep tab of the Zepp app.

Evie Ring



Movano Evie Ring Specifications

1. Size: 5 to 11
2. Material: Liquid metal
3. Color: Silver, rose gold, gold
4. Water resistance: Up to 1 meter
5. Sensors: Heart rate, heart rate variability, SpO₂, skin temperature and calories burned during active metabolism
6. Connection: Bluetooth
7. Battery: About 4 days

Every other ring on this list starts at around \$300, while the Evie Ring is just \$270 without a subscription. You'll lose out on some useful health data features, but if you're new to wearables and want to try out a smart ring, this is a good choice.

This is a beginner's smart ring designed for women who want to track their menstrual cycle and health through activity and sleep tracking, as well as mood and symptom recording. The symptom recording feature is competitive and thoughtful, helping you understand your mood changes throughout your menstrual cycle. Every day, you can record your energy level and mood, tag some adjectives like 'calm', 'depressed', 'anxious', etc., record your menstrual cycle and symptoms, and add tags like drinking, being sick or injured.

Through continuous recording of mood logs, you can understand how your mood changes according to your menstrual cycle, activity, sleep, etc. Evie seems to provide a comprehensive view of health that is not only based on data but also works with the owner to understand the "why" behind your data.

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