OURA HEALTH

FROM COMPLEX DATA TO WELL-BEING

TIEDEKULMA – THINK CORNER

MARCH 4, 2020
Keeping a regular sleep schedule helps you get more restorative sleep. You'll feel energetic and well-rested in the morning.
ENABLING HUMAN POTENTIAL
BY HELPING PEOPLE IMPROVE THEIR SLEEP
Pulse waveform

Movement

Body temperature

Battery life: 7 days

Material: Titanium
Our App
From Data To Insights
**SLEEP**

81

COUNTING SHEEP?

After a very active day yesterday, it took you 40m to fall asleep.

Could be that your workout kept your metabolism up. Would rescheduling your next session make a difference?

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**READINESS**

73

ELEVATED BODY TEMPERATURE

Your elevated body temperature is having a negative effect on your readiness. Try taking it easy today.

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Resting Heart Rate

Resting Heart Rate (RHR) is the number of times your heart beats per minute when you're at rest. It's a reliable measurement of your recovery status, and an important contributor to your readiness.

Normal RHR for adults can range anywhere from 40-100 BPM. Oura evaluates the optimal level for your RHR by studying your data after active days and recovery days for a couple of weeks. Once it knows your normal range, your Readiness Score will start to become more accurate.

For Oura, a RHR slightly below your average is a sign of good readiness. An exceptionally high or low RHR indicates that you need to be more careful in your activities.
STRESSED BEFORE BEDTIME?

THE HAMMOCK
NIGHT-TIME RESTING HEART RATE CURVE

THE DOWNWARD SLOPE
NIGHT-TIME RESTING HEART RATE CURVE

THE DUNE
NIGHT-TIME RESTING HEART RATE CURVE
STRESS AND LOWEST HEART
RESPIRATORY RATE AND RESPIRATORY INFECTION
WHAT COULD WE DETECT FROM SKIN TEMPERATURE ALONE

CORE BODY TEMPERATURE CAN BE ESTIMATED

LUNCH TIME

PEARSON R = -0.11; P = 6.4e-224
Feedback Loop
SLEEP
81

COUNTING SHEEP?
After a very active day yesterday, it took you 40m to fall asleep.

Could be that your workout kept your metabolism up. Would rescheduling your next session make a difference?

Your sleep cycles last night

ELEVATED BODY TEMPERATURE
Your elevated body temperature is having a negative effect on your readiness. Try taking it easy today.

Your body temperature for the past 7 nights
Feedback Loop

Optimally Personalised Messages at Optimal Time & Frequency

Beautiful Usable UX

Measured Real Behaviour

Raw Data

Long-term data from multiple sources

Applicable Messages and Message Data

Complex Insights as simple-to-use variables

Message Variants: Style & Tone of Voice

Rule Engine

Delivery Tactics

Message Design

Insight Mining

Cloud Backend

Ring & App

User

Apps: Message UI
THANK YOU

WE ARE HIRING:

APP DEVELOPERS
BACK END DEVELOPERS
DISTRIBUTED SYSTEM ENGINEERS
DATA ENGINEERS
DATA SCIENTISTS

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