



# Ultrahuman Ring AIR



# World's most comfortable and compact smart ring

With its advanced sensors and seamless integration with the Ultrahuman app, you can measure and optimize your health, movement, recovery, and sleep like never before.



# Ultrahuman Ring AIR Cheatsheet



Sleep, Movement, and  
Recovery Tracking



Skin Temperature  
Tracking



Battery life of up to  
6 days



Water resistance of  
up to 100 meters



Heart Rate Monitoring



As light as 2.4 gms



Heart Rate Variability  
Tracking



Hypoallergenic  
Contact



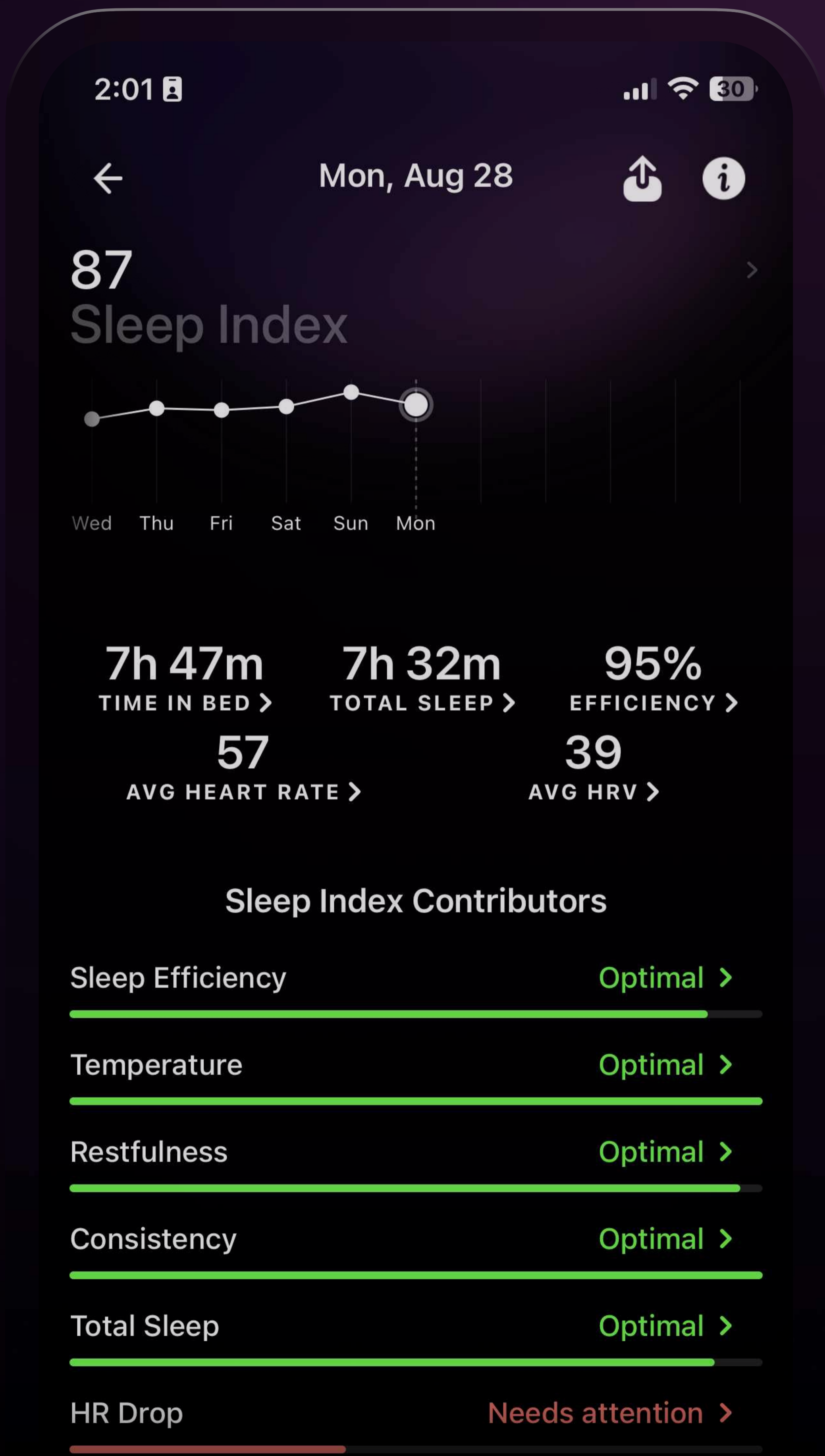
Wireless Charging



Made from fighter-jet  
grade titanium

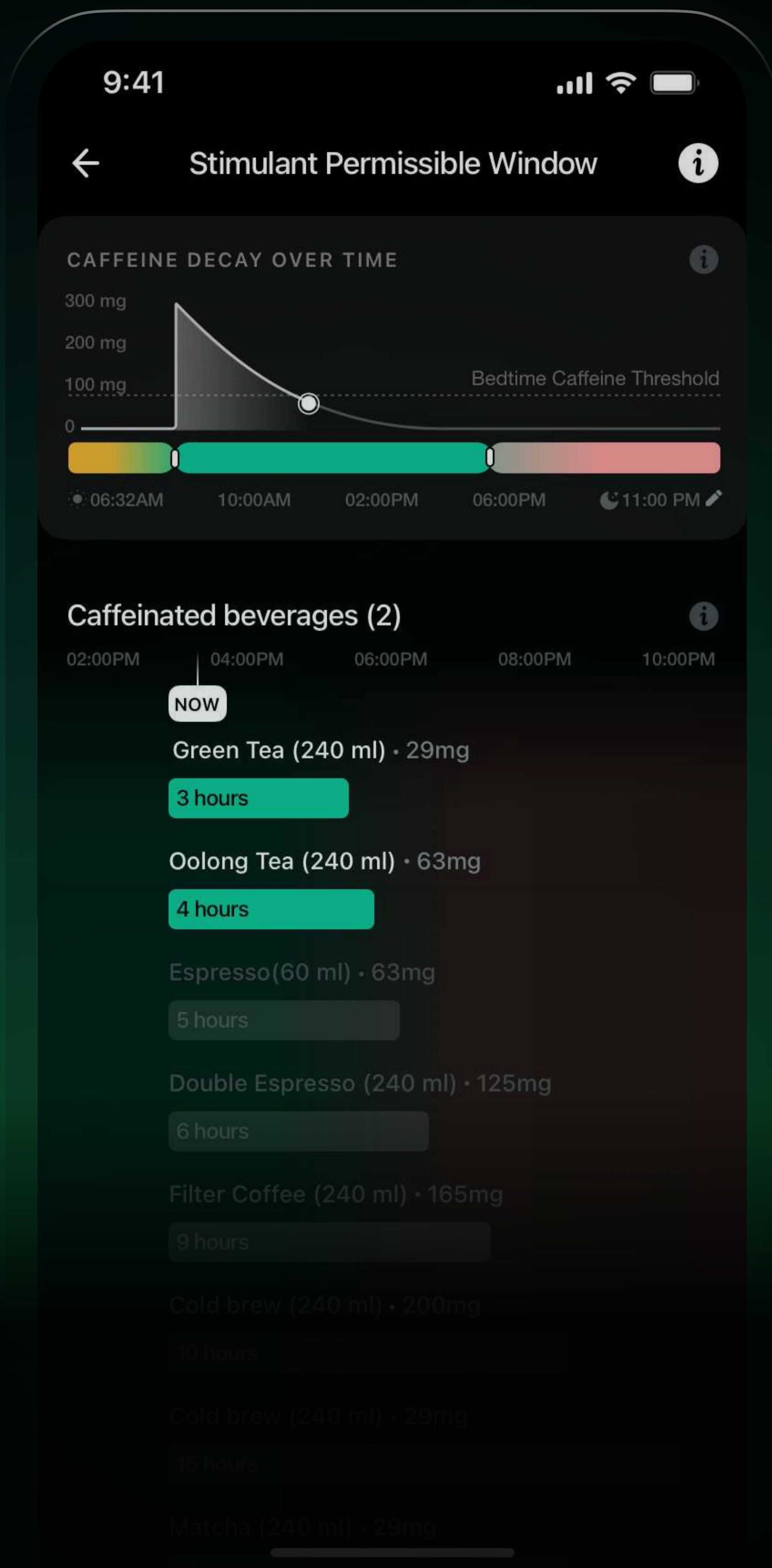
# Sleep Index : Your complete Sleep quality snapshot

It is designed to be your sole metric for sleep health, assesses your total sleep duration, resting heart rate, and restfulness



# Stimulant Window : Unlock productivity with caffeine

It is designed to optimise your stimulant consumption for enhanced productivity and sleep management.



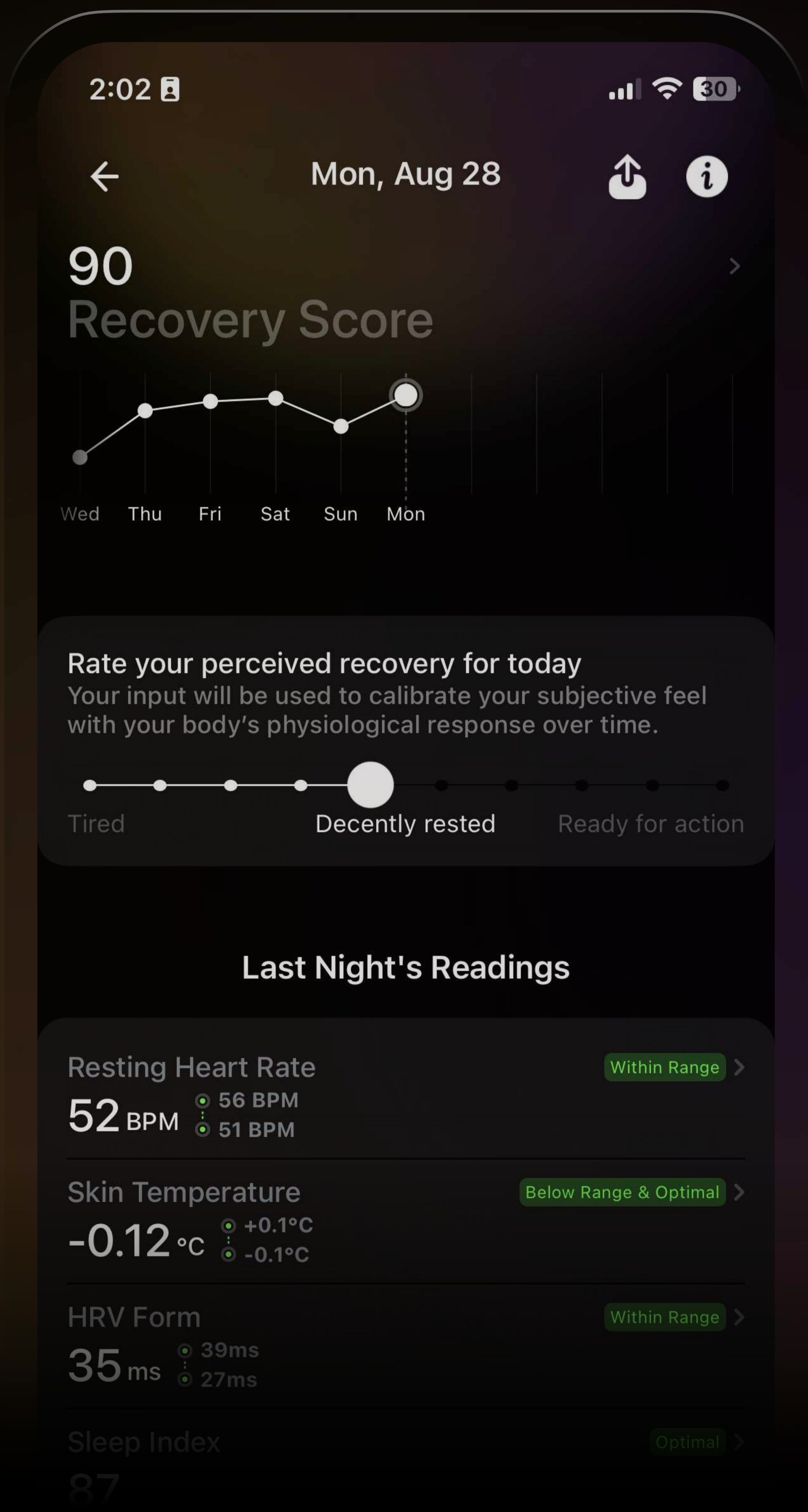
# Phase Alignment : Listen to your body clock

It describes the intricate interplay between a stimulus, such as light exposure, food or exercise mapped to a shift in your body's circadian rhythm.



# Recovery Score : Gauge your 'well-being'

The score helps comprehend body metrics like stress based on body signals like heart rate, HRV and body temperature.



# Movement Index : Stay active and on track

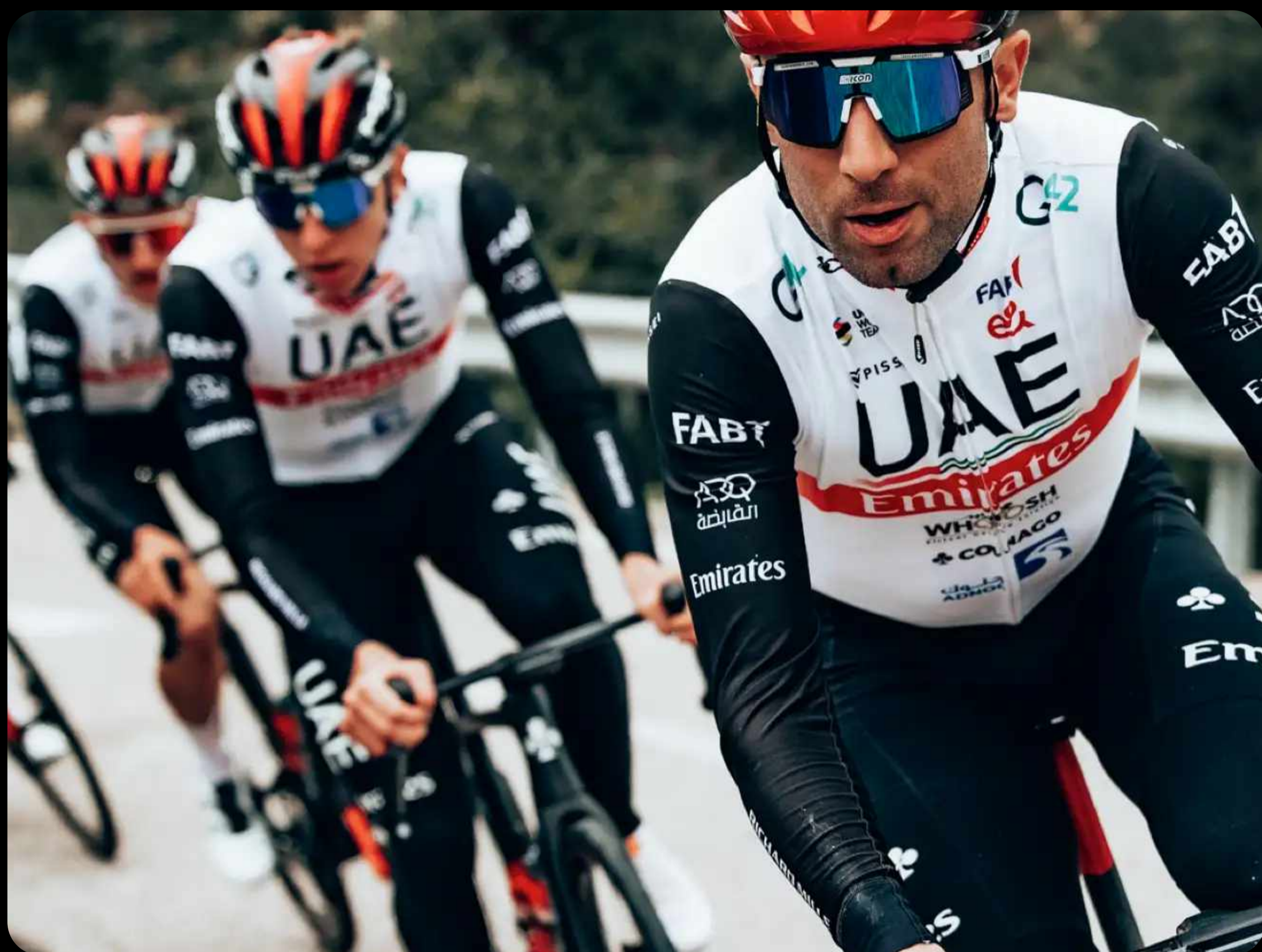
It is designed to keep you moving for optimum glucose metabolism and to increase your non-exercise energy usage.





# Powering World Champions

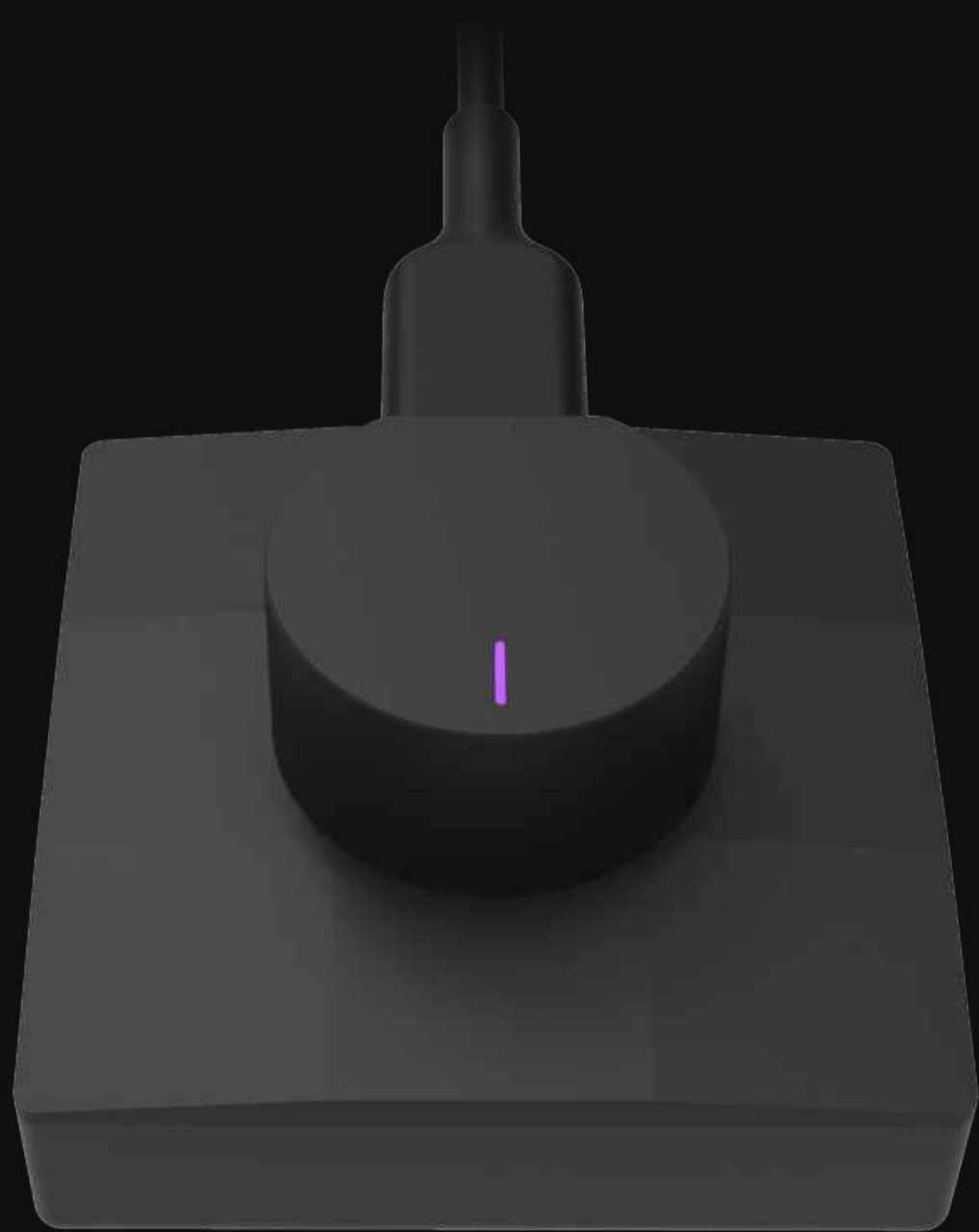
Our ongoing partnership with UAE Team ADQ, Team UAE Emirates, and Team Bahrain Victorious is driving athletic performance and recovery to new heights.



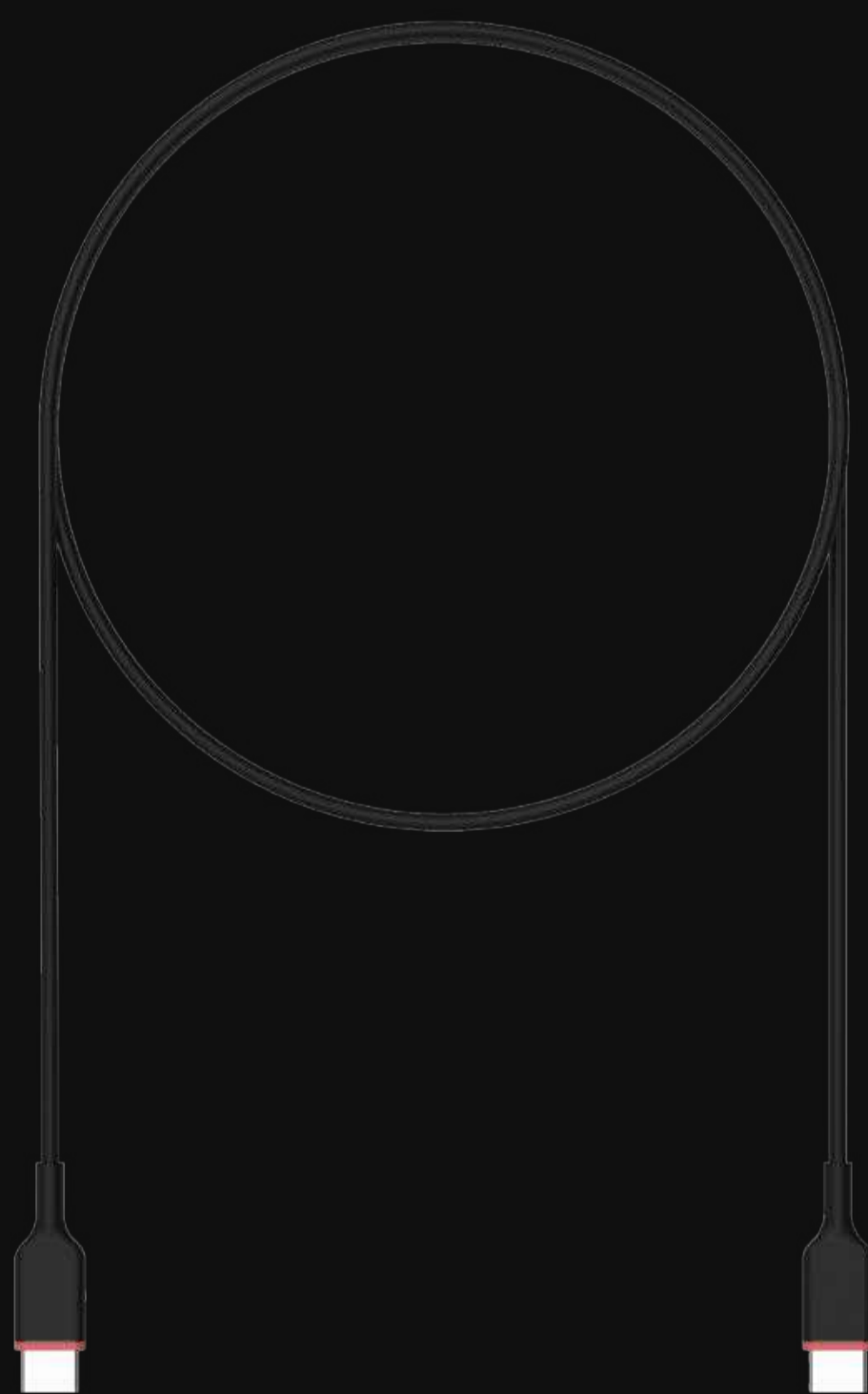
# What's in the box



Ultrahuman Ring AIR



Ring AIR charger



Type-C to C Cable

# Technical specifications

## Materials

Durable titanium

PVD Coating

Water resistant up to 100m/328 ft.

Non-allergenic, non-metallic, seamless inner molding

## Weight & Dimensions

Width: 8mm

Thickness: 2.8mm

Weight: 3.6 to 4.7 grams (depending on ring size)

## Connectivity

EMF-Safe

Bluetooth Low-Energy

Automatic firmware updates via Ultrahuman App

## Battery & Power

Up to 4-6 days of battery life

Full charge in 90 to 120 minutes

## Sensors

6DOF Motion sensor

Photoplethysmography (PPG) sensor (For HR and Blood oxygen)

Skin temperature sensor (Far infrared sensor)

## Other key specifications

Operating temp: -5 to 50 deg .C

BLE transmission power: 0 dBm (1mW)

BLE frequency: 2402 to 2480MHz

Download app



Available on

[www.ultrahuman.com](http://www.ultrahuman.com)

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USA: 8003817934

UK: 8081349514

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