

NUHS SLEEP STUDY

Protocol Details

Lab Visit Briefing



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Primary OURA Ring

Wear at all times on your non-dominant hand, both at home and outside



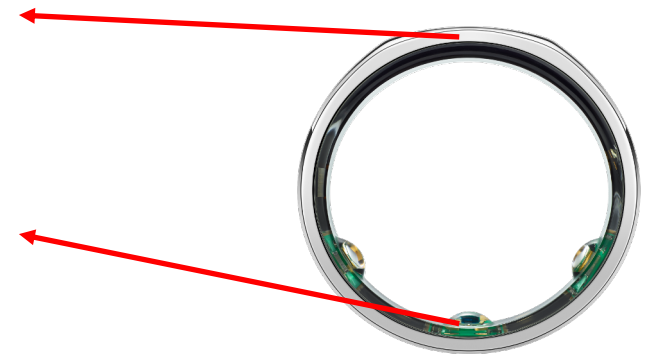
Primary Oura Ring




The flat part of the ring should be at the top of your finger

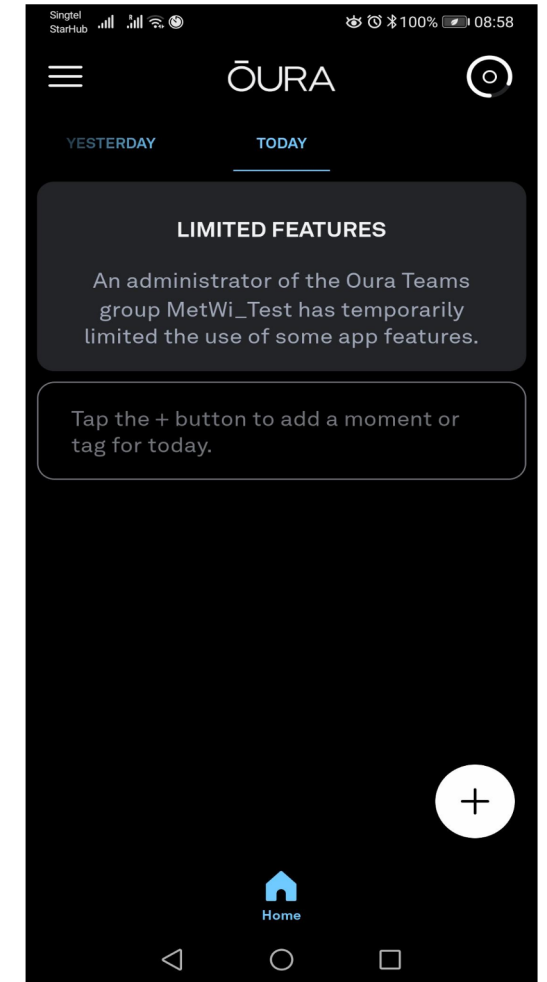
The bumps on the inside of the ring should rest on the underside of the finger

Ensure that the ring does not rotate freely



Primary Oura Ring

- Paired to commercial blue OURA app on your own smartphone
- **Do not update the ring firmware or app version!**
- Ensure bluetooth is on at all times 



Primary Oura Ring

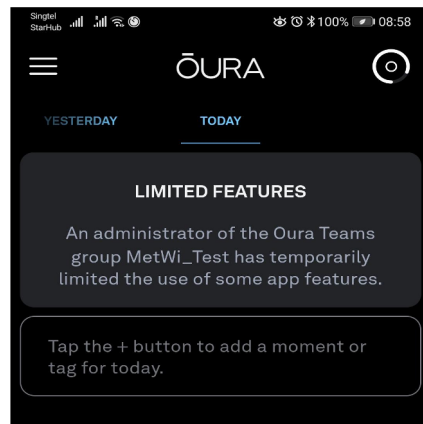
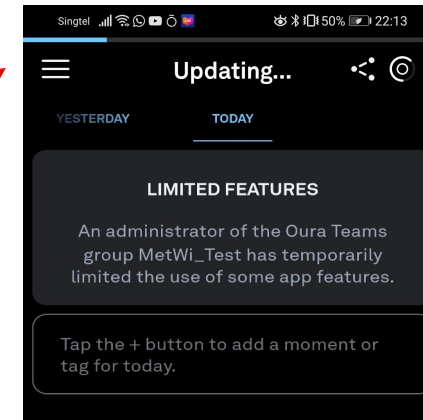
Instructions:

1. Open the OURA App to sync your data **daily** (after waking up)

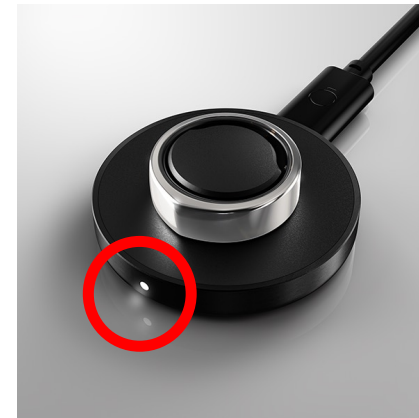
- Sync is automatic
- When the progress bar is completed, your data is synced

2. Charge the ring frequently

- Recommended to charge the ring daily (for 30 min to full charge). The battery level is shown on top right icon
- The LED light will blink when the ring is charging



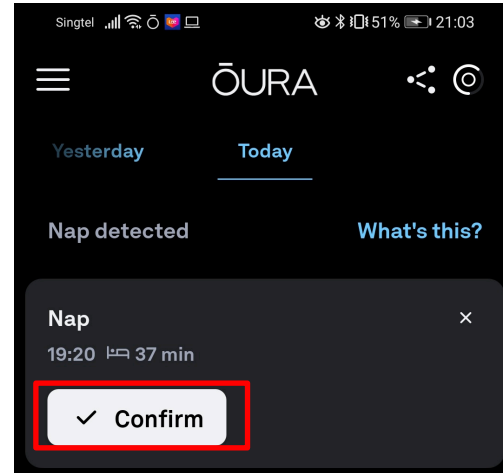
**DO NOT LET
BATTERY DROP
< 50%**



Important notes

Nap detections

- You may be prompted to confirm detected nap episodes. If you did nap, press **confirm** (within 24h). The nap will then be added to your sleep data.



App/firmware updates



If you see a prompt to update the ring firmware or app version on the home screen, **DO NOT CLICK this unless informed to do so by the research team.**

Manual backups

- The research team may sometimes ask you to perform a manual backup your data.
- This can be done from the app 'settings' menu.

