An Oura-Informed Guide to Women's Healthcare

A Practical Guide for OB-GYNs and Women's Health Clinicians

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Foreword

As an OB-GYN, I'm seeing more patients wearing devices quietly tracking their sleep, activity, temperature trends, and heart rate.

Continuous, objective data has the power to support how OB-GYNs practice. Instead of relying only on a patient's recollection of bleeding and symptoms over the last year, you can now see summaries of cycle patterns between visits. For people who menstruate, are trying to conceive, are pregnant, or are navigating perimenopause, those longitudinal signals have the potential to tell when something has shifted before it shows up in a chart note or lab value.

Oura was built exactly for this space between visits. Members wear Oura Ring an average of 23.5 hours per day, generating near-continuous biometric data. Cornerstone women's health features — including Cycle Insights, Fertile Window, and Pregnancy Insights — are all informed by this data and give patients and clinicians a clearer picture of physiology.

What follows is a practical guide describing what Oura actually measures, what's been validated, how those signals map to clinical questions across the reproductive lifespan, and how you might use or interpret these data at the point of care.

My hope is that this gives you enough context to decide when and how Oura data might be helpful in your own practice.

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OB-GYN, Clinical Director
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Oura Health

About Oura

Oura supports women's health across the lifespan by providing continuous physiologic signals — sleep, cycle tracking, autonomic function, temperature trends, and activity — that you can use to better understand patients' day-to-day experience between visits.

- Oura Members average 23.5 hours daily wear time, resulting in reliable, continuous data.
- Oura Ring is lightweight, durable, and comfortable with 5-8 days of battery life.
- Oura Ring tracks 50+ health insights and metrics such as menstrual cycle statistics, day of ovulation, heart rate (HR), and sleep stages.
- The arterial flow of the digits provides a strong PPG signal with advantages over sensors worn in other locations, and provides very high agreement between the ring and ECG, supporting high accuracy for nocturnal HR and heart rate variability (HRV).
- Oura tracks peripheral skin temperature at a rate of approximately one reading per minute and uses overnight temperature trends during sleep to detect biology of the menstrual cycle, leading to ovulation detection and period predictions.
- Members can download structured, exportable data summaries (e.g., cycle data) that turn vague recall into a concrete starting point for collecting a patient history.

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Background

Women's health is a continuum — from menarche through menopause and healthy aging — rather than a single fertility-focused chapter. Yet in daily practice, OB-GYNs still see only snapshots: a problem-focused review of systems, and whatever history a patient can recall under time pressure.

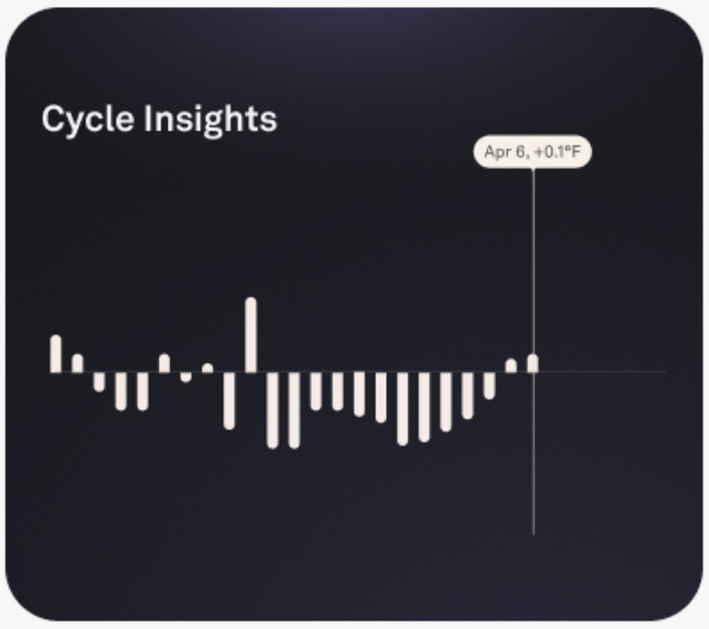
Key gaps that continuous data can help address:

- **Limited visibility between visits:** Clinicians can miss how sleep deficit, stress, and menstrual patterns evolve over time, especially around transitions like stopping hormonal contraception, early pregnancy, or perimenopause.
- **Symptom uncertainty and under-recognition:** Heavy bleeding, subtle cycle changes, vasomotor symptoms, and sleep disruption are often under-reported or misattributed, especially in perimenopause and midlife. Internal analyses from Oura's Perimenopause Report show substantial sleep loss for those in perimenopause compared to pre and post menopause.
- **Fragmented reproductive and cardiometabolic care:** Fertility, pregnancy, menopause, cardiovascular risk, and mental health live with siloed care teams, even though they share physiologic drivers such as sleep, autonomic function, and metabolic health.

Oura data cannot replace diagnostic tools, but it can:

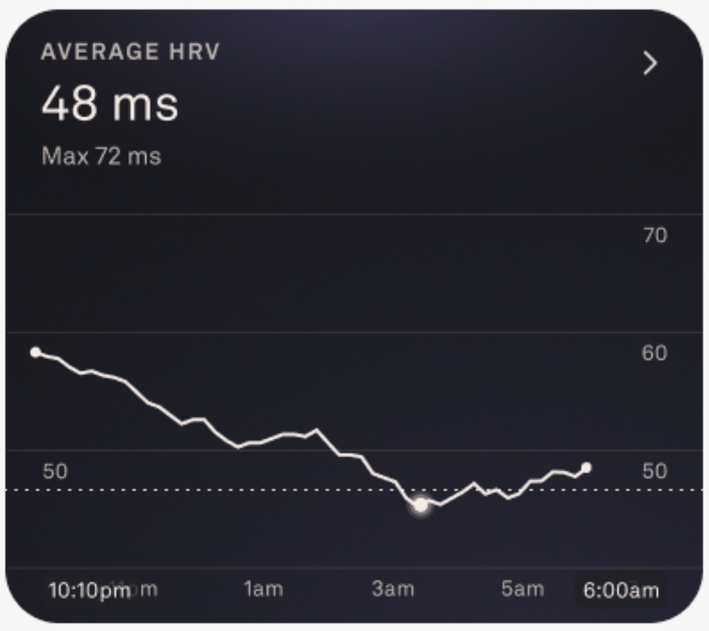
- Flag meaningful deviations from a person's baseline, such as irregular menstrual cycle patterns or changes in sleep quality.
- Support earlier referral, more targeted work-ups, and more precise counseling around timing-sensitive topics like conception, perinatal stress, and care for perimenopausal symptoms.

Algorithm and sensor validation



Ovulation detection: Oura's ovulation algorithm, using LH testing and ultrasound as references, detected 96.4% of ovulations with average error ±1.26 days. Outperforming calendar methods across regular and irregular cycles, published in a 2025 research study.

Sleep: Oura's sleep staging algorithm has been validated against polysomnography (PSG), achieving 79% 4-stage accuracy in adults and strong agreement for non-staging sleep metrics such as total sleep time and sleep efficiency. A Harvard-led validation study across multiple wearables found Oura Ring to be the most accurate device tested for 4-stage sleep classification compared with PSG.



Heart rate and HRV: Very high agreement between Oura Ring and ECG was observed for nightly average HR and HRV (r^2 = 0.996 and 0.980, respectively) in a 49-person lab validation. A multi-device comparison study also identified Oura as among the most accurate wearables for nocturnal resting heart rate (RHR) and HRV, with lowest errors and highest agreement level with ECG.

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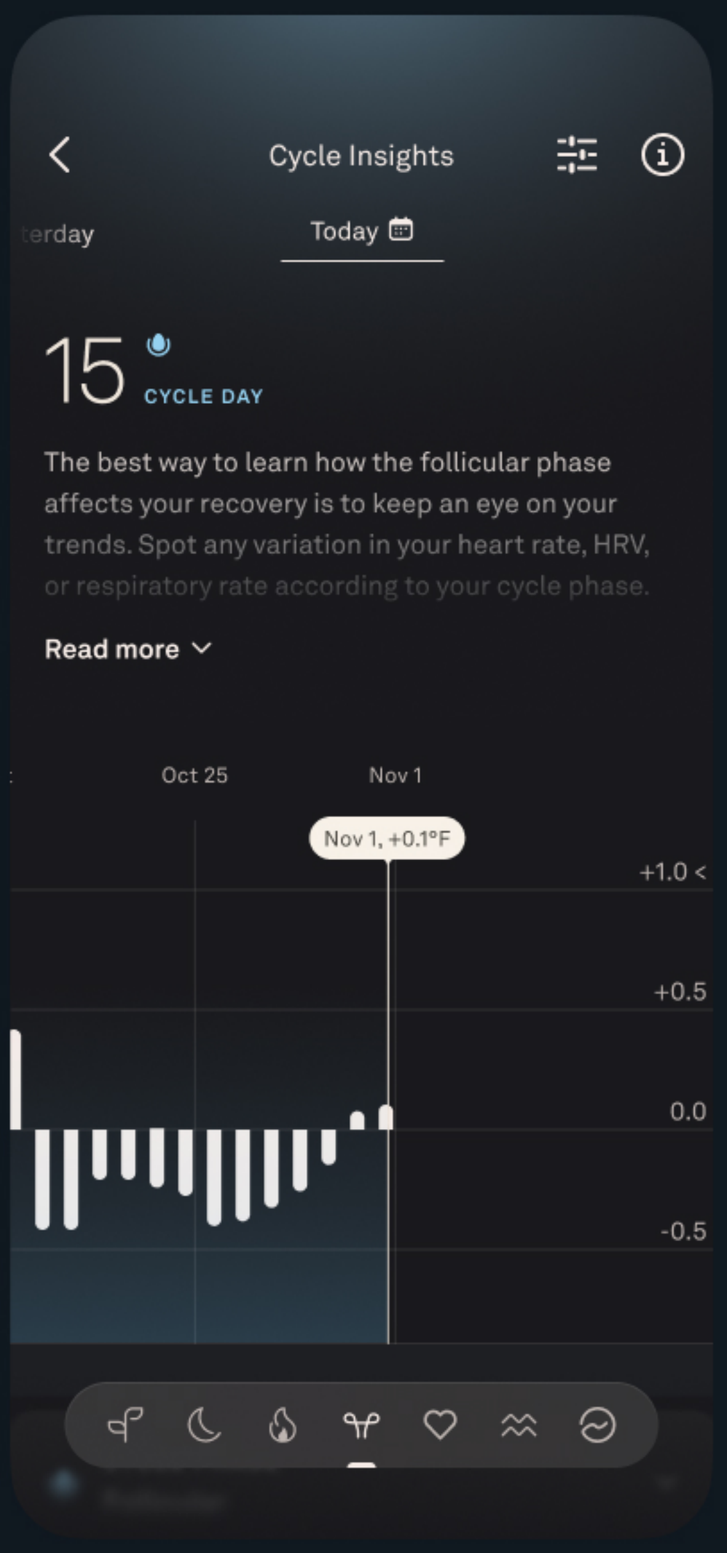
Women’s health features

Menstrual Cycle Tracking - Cycle Insights

Cycle Insights uses physiological data influenced by hormonal fluctuations, such as heart rate, HRV, temperature trends, and respiratory rate, to identify the follicular and luteal phases and label the day of ovulation. The supporting algorithm predicts period start date within a six-day window.

Clinical application

- **Quickly see typical cycle length** and variability when evaluating abnormal uterine bleeding or suspected PCOS.
- **Cycle-related symptoms:** For PMDD or PMS evaluation, review symptom logging in relation to cycle phase instead of relying solely on recall.



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Hormonal Birth Control Support

Cycle Insights now includes support for those using hormonal contraception. Members select from more than 20 hormonal birth control methods — including oral contraceptives, patches, IUDs, and implants — and receive education contextualized to their specific method alongside their continuous biometric data. Because hormonal contraception alters temperature patterns, HRV, and other physiological signals that Cycle Insights relies on, this feature helps members recognize what is typical for them on their chosen method. For clinicians, this means patients on hormonal contraception are less likely to misinterpret expected biometric shifts as a new health concern, and more likely to bring meaningful changes to your attention.

Clinical application

- **Contraceptive initiation or transition:** When a patient starts or changes a hormonal method, their Oura data can help both the patient and the provider observe how their baseline metrics shift over the following weeks, providing useful context for evaluating tolerability or adverse effects at follow-up.

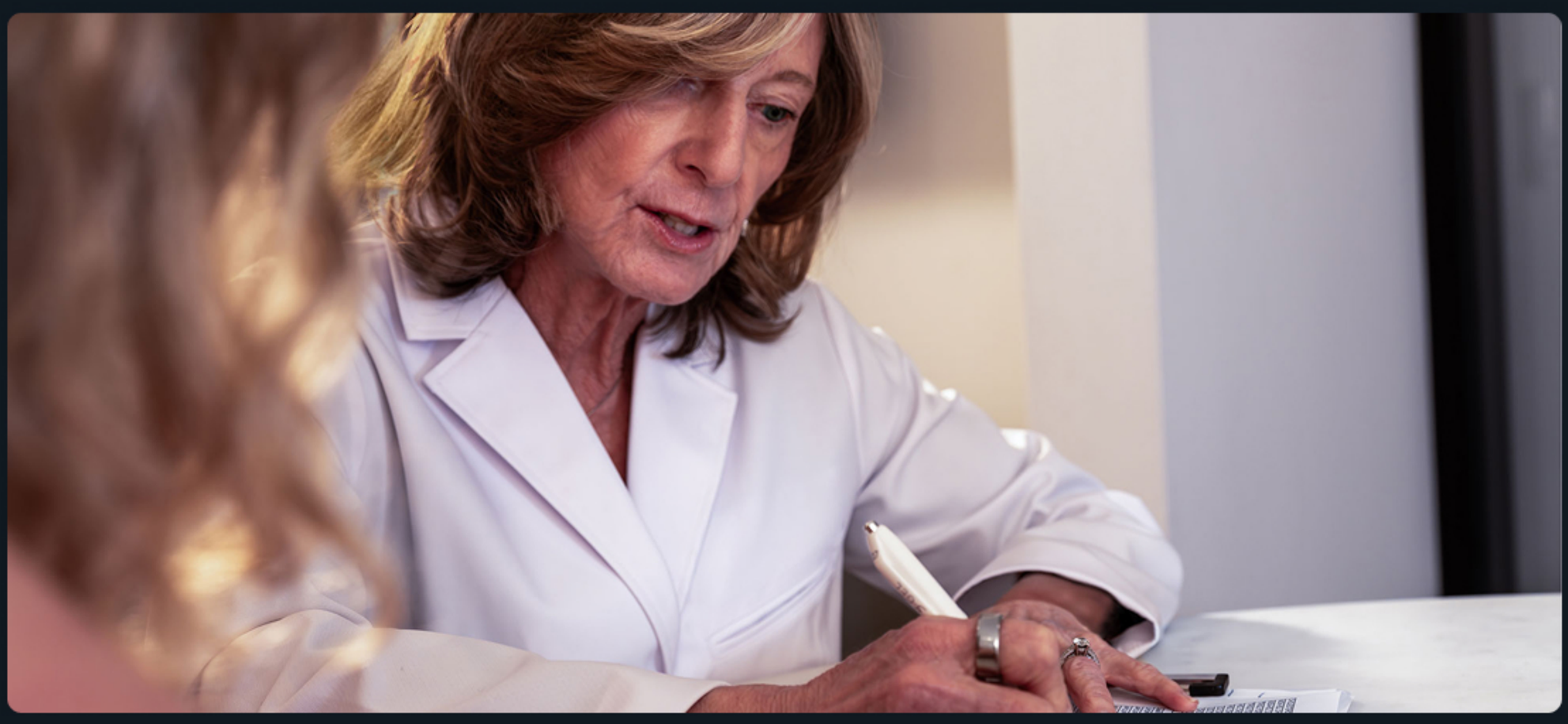
- **Distinguishing hormonal from non-hormonal causes:** If a patient on hormonal contraception reports new sleep disruption, headaches, or fatigue, longitudinal biometric trends and data tags can help clarify whether the pattern predates or follows the method change, informing next steps.

Ovulation Prediction and Conception Support

In a study conducted by Oura, Oura Ring successfully detected ovulation in 96.4% of cycles, with 87.9% of detections occurring within 2 days and 68% within 1 day of the ovulation date; positive LH test results served as the benchmark reference for algorithm performance testing. In comparison, the calendar method detected only 66.5% of ovulations within 3 days, 50.7% of ovulations within 2 days, and 32.2% within 1 day. The mean absolute error (MAE) for Oura Ring was 1.26 days compared to 3.44 days for the calendar method. This translates to practical fertility tracking that narrows the ovulation window from approximately 7 days (calendar method) to 2.5 days (Oura Ring).

Clinical application

- **Pre-conception counseling:** Show patients where their biologic ovulation signal appears relative to their assumptions; align this with counseling on timing intercourse in the fertile window.
- **Irregular cycles and PCOS:** For patients where calendar methods are particularly unreliable, Oura's algorithm retains performance even with >7-day menstrual cycle length variability, offering a more precise window for timed intercourse or additional testing.
- **Integration with digital contraception and conception tools:** Oura data integrates with Natural Cycles (FDA-cleared birth control method) and women's health tracking apps, including Clue and Flo.



Pregnancy Tracking - Pregnancy Insights

When a patient opts into Pregnancy Insights, Oura highlights key health metrics — including temperature trends, RHR, HRV, and respiratory rate — to illustrate physiological changes. These insights can help reassure patients as their personal biometric data is overlaid with population ranges to demonstrate the variation in vital sign changes. Pregnancy Insights includes educational content, gestational age tracking, and symptom tracking.

Clinical application

- During early pregnancy visits, you may see the characteristic shift in a patient's temperature trends and heart rate data, which can help with education around normal early physiologic changes.
- Pregnancy Insights within Oura App provides information based on gestational week or trimester-level trajectories of HR, HRV, respiratory rate, and temperature trends.

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Perimenopause and Menopause Tracking - Menopause Insights

The Oura Perimenopause Report shows that women in late perimenopause tag substantially more symptoms than premenopausal women, and that HRV declines by roughly 20–30% over the perimenopausal transition, underscoring how physiologic strain accumulates across this life stage.

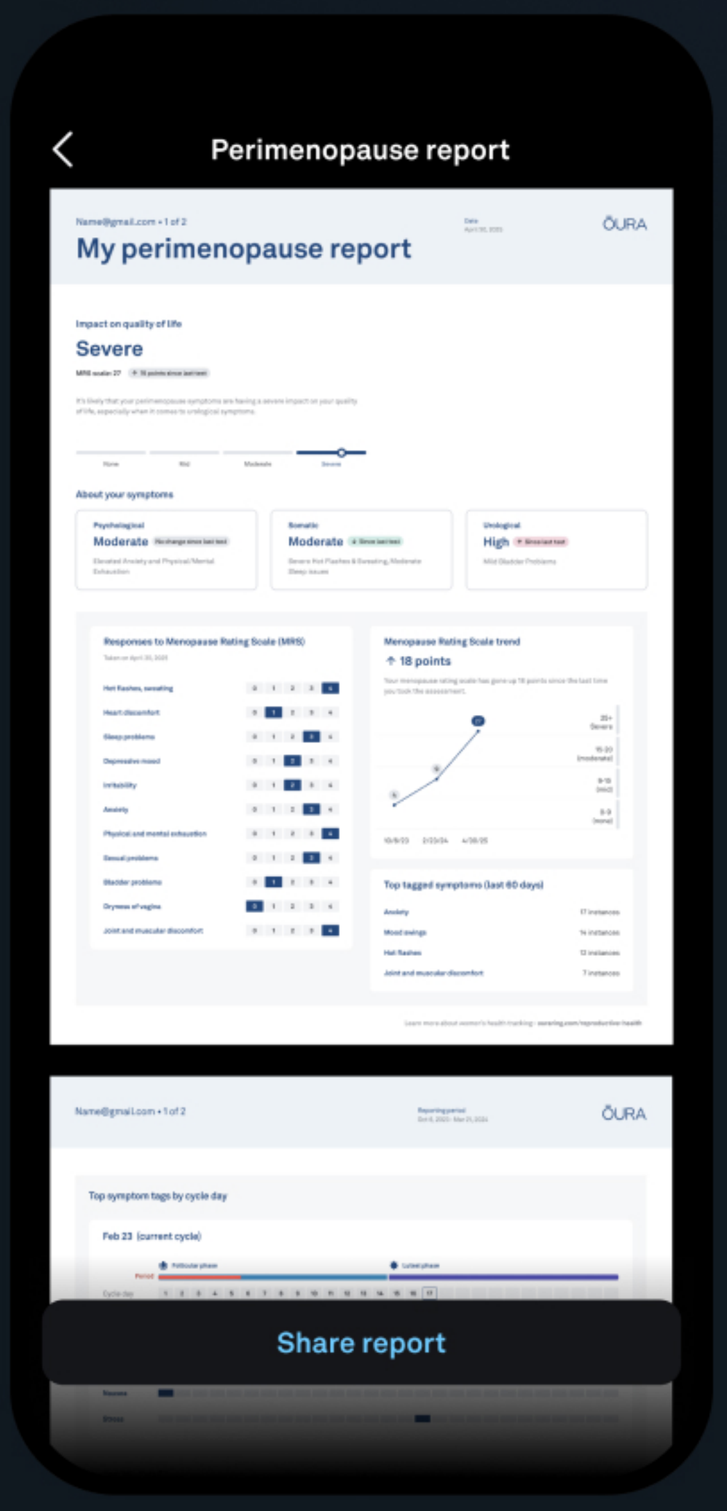
Oura data cannot diagnose perimenopause or replace guideline-driven cardiovascular risk assessment, but it can make the transition more visible. Longitudinal data on sleep quality, ovulation variability, and temperature patterns during each cycle give clinicians a clearer, more objective picture of how symptoms are evolving between visits, and where additional evaluation or treatment may be warranted.

Oura's Menopause Insights feature incorporates the Menopause Impact Scale, a scientifically validated clinical questionnaire developed by Oura that quantifies how perimenopausal symptoms are affecting a member's daily functioning. Rather than returning a score alone, the feature generates a personalized interpretation of results across contributing symptom domains and maps those responses to longitudinal biometric trends, including sleep continuity, HRV, and temperature patterns. Patients can arrive at visits with an objective, domain-level summary of symptom burden grounded in their own physiology rather than unstructured recall.

Clinical application

- **Screen for and monitor symptom impact:** Use the Menopause Impact Scale as a structured, repeatable measure of symptom burden across visits, supplementing longitudinal biometric data to understand menopause symptoms and their effect over time.
- **Efficiently connect the dots:** Determine whether a patient's complaints are consistent with perimenopause or another health problem by linking sleep, mood, vasomotor symptoms, and cardiometabolic risk in a single longitudinal view.
- **Track treatment response:** Compare pre- and post-intervention Menopause Impact Scale scores alongside sleep efficiency and HRV trends to evaluate whether MHT, SSRIs/SNRIs, CBT-I, or lifestyle changes are achieving meaningful relief.
- **Motivate cardiometabolic action:** Declining HRV and worsening sleep, made visible through longitudinal Oura data, can serve as objective starting points for midlife cardiometabolic screening and risk-factor management conversations.

Learn more about Oura's cardiovascular health research



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Oura's women's health AI model

Oura's clinically reviewed, women's-health-tuned Large Language Model — available in Oura Advisor within Oura App — is designed to interpret member questions through the lens of women's physiology, cycles, and life stages. Instead of treating every query as generic health advice, it anchors responses in concrete biometric patterns and life-stage information drawn from Oura data.

General-purpose AI models are trained on broad, mixed-quality internet data and may under-represent or oversimplify questions related to women's health, especially around cycles, fertility, perinatal mental health, and perimenopause. Oura grounds its responses instead in cycle physiology, life-stage context, and emerging evidence from sources such as Oura's perimenopause work and ovulation validation studies. Knowledge sources were carefully selected by Oura's in-house physicians, whose expertise spans health technology, women's health, and primary care, and who are grounded in clinically validated women's health research — applying the same standard of evidence a clinician would use to train a resident.

Clinical application

- Oura Advisor can be used by patients as an extension of clinical conversations with their providers to ask general women's health questions as well as personalized contextual questions and expect to receive trusted, scientifically grounded information.

What does Oura Ring measure?

VITAL SIGN

- Heart rate
- Heart rate variability (HRV)
- Respiratory rate
- Blood Oxygen Sensing (SpO2)
- Skin temperature

WOMEN'S HEALTH

- Menstrual cycle day
- Period predictions
- Cycle phase
- Fertile window
- Ovulation detection
- Pregnancy tracking

CARDIOVASCULAR HEALTH

- Average heart rate (night)
- Cardio Capacity (VO2 max)
- Cardiovascular Age
- Lowest heart rate (night)

STRESS AND RECOVERY

- Activity balance
- Average HRV (night)
- Average respiratory rate (night)
- Cumulative Stress
- HRV balance
- Readiness Score
- Resilience level
- Restorative time
- Stress level
- Stress time
- Previous day activity

ACTIVITY

- Activity burn (calories burned during activity)
- Activity level
- Activity Score
- Activity tracking (AAD)
- Distance (workout)
- Inactive time
- Step count
- Total burn (calories burned through the day)
- Walking equivalency (distance)

GENERAL HEALTH

- Symptom Radar

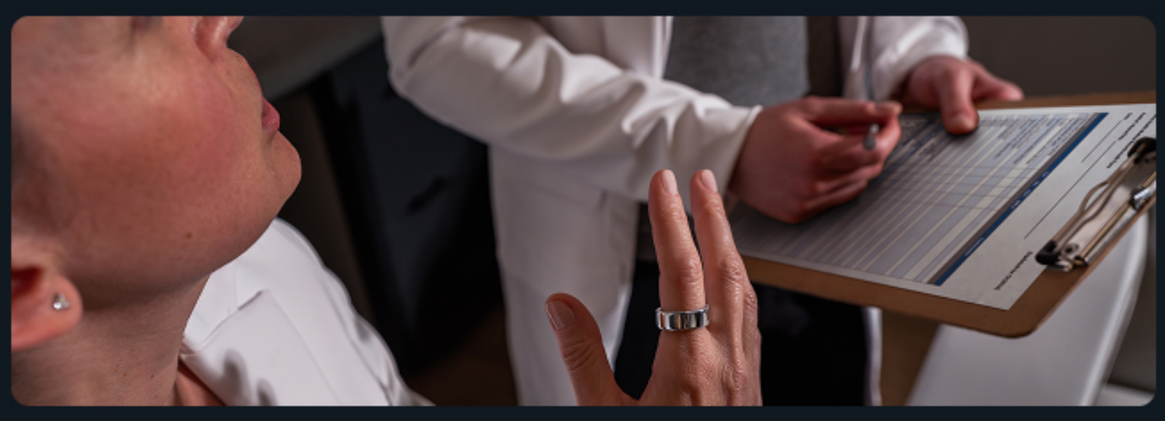
SLEEP

- Breathing Regularity
- Chronotype
- Restlessness
- Sleep duration
- Sleep efficiency
- Sleep latency
- Sleep Score
- Sleep stages (wake/light/deep/REM)
- Time in bed
- Sleep balance
- Sleep regularity

Patient support partnerships

How does Oura support clinical partnerships?

If a clinical partner is directly integrated with Oura API, data can directly flow, with member consent, into the electronic health record (EHR) for clinical review. Where direct connection is unavailable, the patient can download and send a summary PDF of their Cycle Insights Report, Perimenopause Report, and Sleep Reports.



Maven Clinic

Maven is the world's largest virtual clinic for women and families, offering 24/7 access to 30+ types of specialists across fertility and family building, maternity and newborn care, parenting and pediatrics, and menopause and midlife. Clinical care teams can leverage continuous Oura biometric data — including sleep, stress, and temperature-driven cycle trends — to inform personalized guidance.

Carrot

Carrot is a global platform supporting conception, fertility treatments, pregnancy, postpartum, and menopause care. Within Carrot's Sprints program, Oura and Stelo by Dexcom utilize biometric tracking — including sleep, activity, stress, cycle tracking, and glucose biosensing — directly into care and coaching.

Twentyeight Health

Twentyeight Health is an insurance-first women's telehealth platform that uses Oura data to deliver personalized care — from contraception to family planning — with same-day provider access and prescriptions shipped to their door, available to all women across the U.S.

How does Oura data integrate into other digital health experiences?

When patients track their health through a partner app, they can choose to share their Oura biometrics alongside other data types, like migraine or hormone tracking.

Natural Cycles

For members using Natural Cycles as FDA-cleared birth control method for conception planning, Oura temperature trend tracking powers their algorithm to determine daily pregnancy risk status.

Clue

Clue is a reproductive and menstrual health app that helps people understand their cycle and how it affects their overall wellbeing, inclusive of menstruating through perimenopause. Members can sync Oura temperature trends for deeper, biometric-informed cycle tracking.

Flo

Flo is a health app that provides period tracking, ovulation predictions, and health insights. Integrating Oura adds more personalized insights by layering sleep, heart rate, and activity patterns alongside cycle data.

MigraineBuddy

Migrane Buddy

Migraine Buddy is a migraine-tracking app that helps users track triggers, log interventions, and symptoms. Connecting Oura layers sleep and menstrual cycle data onto symptom logs to help identify triggers and patterns.

peanut

Peanut

The integration between Peanut and Oura, notable for postpartum members, automatically syncs Oura sleep data to identify "Sleep Stretches," shifting the focus from lost sleep to uninterrupted rest.

mira

Mira

Mira is an at-home hormone monitor for tracking quantitative hormone data (LH, E3G, PdG, and FSH) through its handheld analyzer and corresponding app. Connecting Oura allows members to view temperature trends and compare readiness and sleep scores alongside their hormone data directly in the Mira app.

LEARN MORE: Meet Oura's Women's Health Partner Platforms