Smart Rings: Top 3

A smart ring is a health tracker you wear on your finger — like a wedding band with a tiny computer inside. It keeps an eye on your sleep, heart rate, and daily movement, then shows it all in an app on your phone. No screen. No buzzing. And no charging every night — most rings go about a week between charges.

Why a ring instead of a watch?

- It is comfortable at night. Many people find a watch too bulky for sleep — a ring is one you forget you are wearing.
- Nothing to tap or swipe. The ring quietly collects; you look at the results on your phone whenever you feel like it.
- One charge lasts for days. Roughly a week for most rings, versus a day or two for many smartwatches.

The trade-off: there is no screen, no fall detection, and no emergency calling — if those matter to you, a smartwatch is the better pick.

The top 3, compared simply

1. Oura Ring 5 — the most polished

- The best sleep and recovery insights of the three, in the easiest-to-read app.
- Starts around $399. The catch: a $5.99-a-month membership (about $70 a year, first month free) unlocks the full app. Without it, you see far less.
- About 6 to 9 days per charge. Works with iPhone and Android.
- Pick it if: you want the deepest health picture and do not mind the monthly fee.

2. Samsung Galaxy Ring — simplest if you own a Samsung phone

- No monthly fee — buy it once (around $399) and every feature is yours.
- About 7 days per charge. Made for Samsung Galaxy phones (it works with other Android phones, but some features need a Samsung).

- Pick it if: you already carry a Samsung phone and want tracking with zero ongoing cost.

3. RingConn Gen 2 — the best value

- No monthly fee, and the lowest price of the three — around $299.
- The longest battery: about 10 to 12 days per charge.
- Works with iPhone and Android. Solid sleep tracking that keeps getting better.
- Pick it if: you want the most ring for your money and hate subscriptions.

Sizing: try before you buy

Ring sizes are not the same as jewelry sizes — and fingers swell and shrink through the day. Every maker sends a free plastic sizing kit first. Wear the sizer for a day, including overnight, then order your real size. Skipping this step is the number-one reason rings get returned.

What the numbers really mean

- Each morning the app gives you a sleep score and a readiness score — simple grades for how you slept and how recovered you are.
- Watch the trend, not one night. Doctors say the pattern over weeks is what matters; one bad night means almost nothing, so never panic over a single score.
- These are wellness trackers, not medical devices. They cannot diagnose anything. If a pattern worries you, take it to your doctor — that is what it is for.

A note if you wear a pacemaker

Oura itself advises anyone with a pacemaker or implanted heart device to check with their doctor before buying a smart ring. It is a quick question at your next visit — no need to worry, just ask first.

When to call Sean instead

- You are not sure which ring fits your phone and your budget — Sean will talk it through with you.

- You bought a ring and want help with the sizing kit, the app, or reading your scores.
- The ring will not connect to your phone, or the app keeps signing you out.
- Any health number in the app worries you — Sean can help you save it to show your doctor.

Call Sean at (813) 770-6082.

Need a hand? Call Sean at **(813) 770-6082**.