



ULTRAHUMAN

Ultrahuman AIR Smart Ring, Rose Gold - Size 14

255720

The Ultrahuman Ring Air is a state-of-the-art smart ring designed for fitness and health monitoring. It offers advanced sleep analysis, continuous heart rate and HRV tracking, recovery monitoring, and metabolic insights. Made from lightweight titanium for all-day comfort, with a battery life of up to 6 days and fast charging. Waterproof, durable, and optimized for seamless wear. It syncs with the Ultrahuman app for detailed health information—making it easy to track your wellbeing anytime, anywhere. This is the same powerful Ultrahuman Ring Air, known for its precision and feature-rich capabilities—now with improved performance and a striking new finish that was perfected over months. Brushed Rose Gold is an elegant, timeless shade that gives the ring a particularly refined appearance.

Colour



PRODUCT DETAILS

Size SIZE 5, SIZE 6, **SIZE 14**, SIZE 13, SIZE 12, SIZE 9, SIZE 11, SIZE 10, SIZE 7, SIZE 8

BUY THE SIZING KIT FIRST

Ultrahuman Ring sizes differ from standard ring sizes. Purchase the Ultrahuman Sizing Kit first, which includes a ring sizer, to accurately determine your size. The Ring AIR is available in 10 sizes (5-14), ensuring a comfortable, secure fit. Using the sizing kit helps you avoid returns and exchanges, ensuring you select the right size before purchasing.

COMPREHENSIVE HEALTH TRACKING

The Ultrahuman Ring measures a wide range of metrics including sleep, activity, stress, heart health, movement, workouts, and recovery. Stay on top of your health and fitness goals with detailed insights to optimize your performance and well-being.

WOMEN'S HEALTH INSIGHTS

With Ultrahuman Ring's advanced women's health features, track ovulation, cycles and pregnancy. Through multi-biomarker-based tracking for those looking to conceive, predict a 7-day fertile window and pinpoint ovulation with precision. Access cycle tracking combined with biomarker-based personalized guidance for every phase (Menstruation, Ovulation, Follicular, and Luteal). With Pregnancy Mode, expecting mothers get tailored pregnancy insights throughout each trimester.

ONE APP, NO SUBSCRIPTION

Enjoy all the essential standard features of the Ultrahuman Ring, including sleep, activity, stress, heart

© 2026 All rights reserved. Note: Specifications and design are subject to change without notice.

rate, heart rate variability, skin temperature and recovery with no subscription — on the Ultrahuman App.

ADVANCED SLEEP TRACKING
Ultrahuman Ring provides detailed insights into all your sleep stages — REM, Deep Sleep, Light Sleep and Wakefulness, along with actionable steps and nudges to improve sleep so you're ready for the day. It also tracks sleep debt, helping you understand your overall sleep quality and identify areas for improvement. Optimize your rest and recovery with accurate, personalized sleep insights.

RECOVERY & ACTIVITY INSIGHTS
Track steps, workouts, and calories for insights into your activity. Ring AIR also helps you recover better with enhanced recovery tracking. 'Dynamic Recovery' blends key metrics like heart rate, HRV, and skin temperature, tracking sleep and lifestyle to provide actionable insights

MINIMAL FORM FACTOR & DURABILITY
The Ultrahuman Ring is crafted from space-grade titanium, offering unmatched strength and lightweight comfort. It’s water-resistant up to 100m, making it perfect for everyday wear, workouts, and even swimming.

A GAME-CHANGING PERSPECTIVE ON STRESS
Get a deeper understanding of stress with a unique "Stress Rhythm Score" which considers the variations in your Heart Rate (HR), Heart Rate Variability (HRV), and Resting Heart Rate (RHR) against the backdrop of your circadian rhythm.

POWERPLUGS
Your health journey is unique, and PowerPlugs allows you to focus on what matters the most, to you. Understand how your heart responds to activities, stress, and rest, with the Cardio Adaptability PowerPlug; track your screen time and its impact on your health with the Screentime PowerPlug; enhance alertness and improve wakefulness with the Caffeine Window PowerPlug; and more.

INSIDE THE AIR
Boasting a smooth hypoallergenic inner shell and constructed with Space-Grade Titanium, Ring AIR comes with up to 6 days of battery life, wireless charging, and water resistance up to 100 m.

What's in the box:

- Ultrahuman Ring AIR
- Standard Ring Charger
- Type-C to C Cable (1m)

Specs

Product Attributes

EAN:	8906184874111
Manufacturer number:	UHRA-BRG-14-EUL7
Product weight:	0.002 kilograms

Technical specifications

Heart Rate Monitoring:	true

© 2026 All rights reserved. Note: Specifications and design are subject to change without notice.

HRV Monitoring:	true
Skin Temperature Tracking:	true
Sleep Tracking:	true
Step counter:	true
Distance and Calories counter:	true
V02 Max:	true
Circadian Rhythm Tracking:	true
Caffeine Window Detection:	true
Performance Coach:	true
Temperature-Based Ovulation Prediction:	Period Cycle Tracking Ovulation Tracking Pregnancy Insights
More health & fitness tracking:	Steps taken, Calories burned, Activity vs. inactivity, Hours slept, Skin temperature, VO2 Max
Material:	Outer: Titanium reinforced with Tungsten Carbide Carbon, Inner: hypoallergenic epoxy resin
Operating system:	iOS 15 or later Android 6 or later
Connectivity:	Bluetooth Low Energy (BLE5)
Total battery life:	Up to 6 days
Battery type:	24mAh LiPo battery
Charging:	Docking station
Charging time (0 - 100%):	180
Sensor type:	Infrared Photoplethysmography (PPG) sensor Non-contact medical-grade skin temperature sensor 6-axis motion sensors Red LEDs (heart rate monitoring and oxygen saturation) Green LEDs (heart rate monitoring) Infrared LEDs (heart rate monitoring)
IP classification:	Up to 100 meters (about 328 feet) for up to 12 hours
Find my device function:	true
Mandatory Data Subscription:	false

© 2026 All rights reserved. Note: Specifications and design are subject to change without notice.