

Oura Ring ovulation detection is more accurate than calendar method

Summary

A peer-reviewed [study](#) published in the *Journal of Medical Internet Research* evaluated how well Oura Ring can detect ovulation by using continuous skin temperature measurements compared to the traditional calendar method. Oura Ring's physiology-based method detected 96.4% of ovulations. The mean absolute error (MAE) for Oura Ring was 1.26 days compared to 3.44 days for the calendar method.

OVERVIEW OF STUDY



Objective

To assess the accuracy of the Oura Ring's physiology-based ovulation detection method (using continuous skin temperature data) compared to the traditional calendar method for estimating ovulation dates across different subgroups including cycle length, cycle variability, and participant age.



Participants

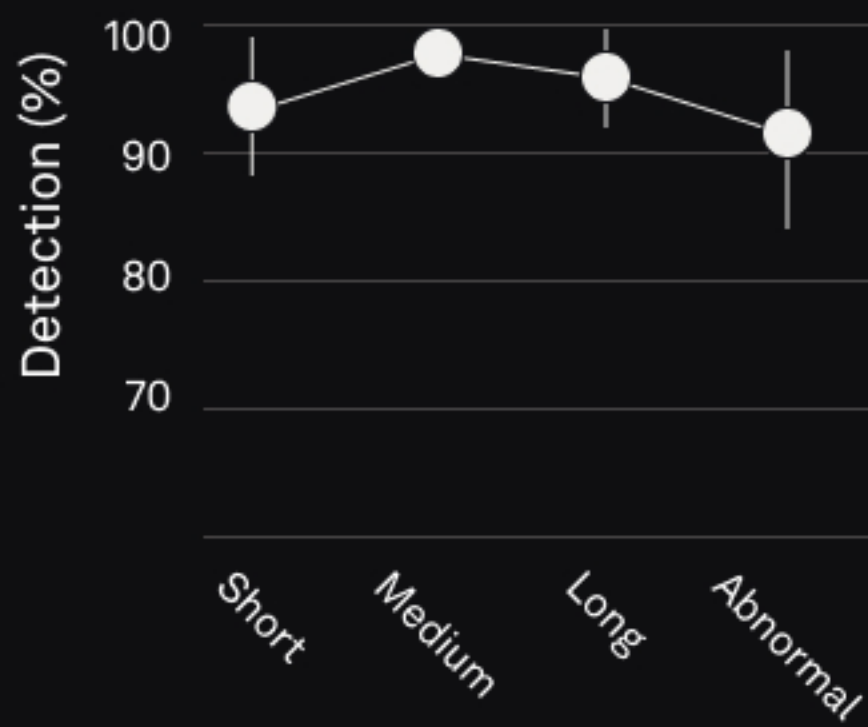
964 female participants with a mean age of 32.8 years (range 18-52) and mean self-reported cycle length of 29.1 days. The dataset represented diverse cycle patterns, including regular cyclers, moderately irregular cyclers, and abnormally irregular cyclers. This was a real-world, retrospective analysis of users who utilized the device.

RESULTS

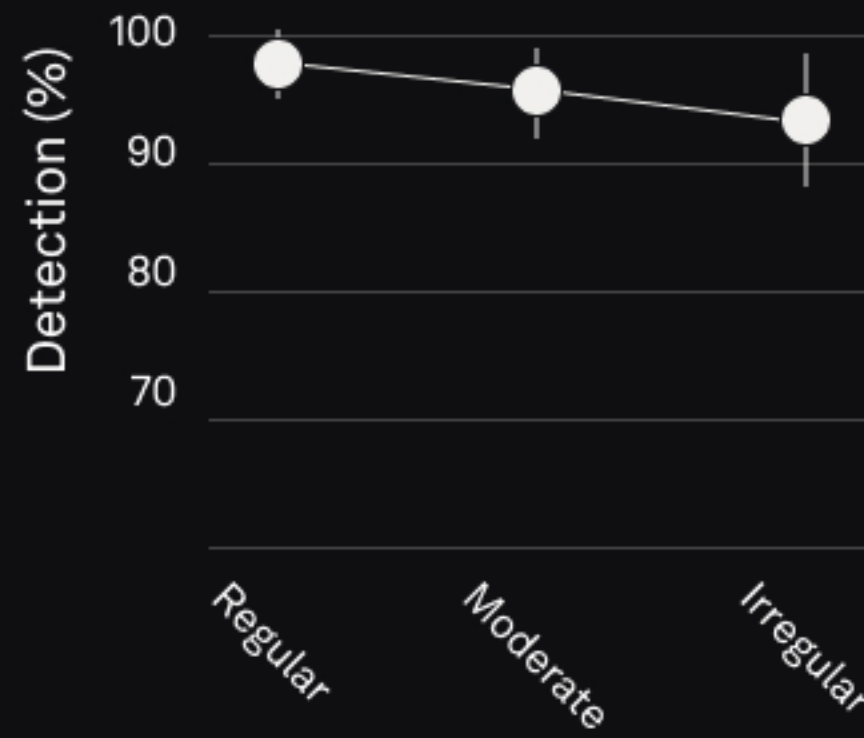
- Oura Ring successfully detected ovulation in 96.4% of cycles, with 87.9% of detections occurring within 2 days and 68% within 1 day of the reference ovulation date. In comparison, the calendar method detected only 50.7% of ovulations within 2 days and 32.2% within 1 day.
- Oura Ring significantly outperformed the calendar method across all cycle lengths. While detection rates were slightly lower in short cycles <26 days (93% vs. 98% in typical cycles) and accuracy decreased slightly in abnormally long cycles >36 days (MAE 1.7 vs. 1.18 days), these results were still far superior to the calendar method, which had a MAE of 7.32 days in long cycles.

RESULTS

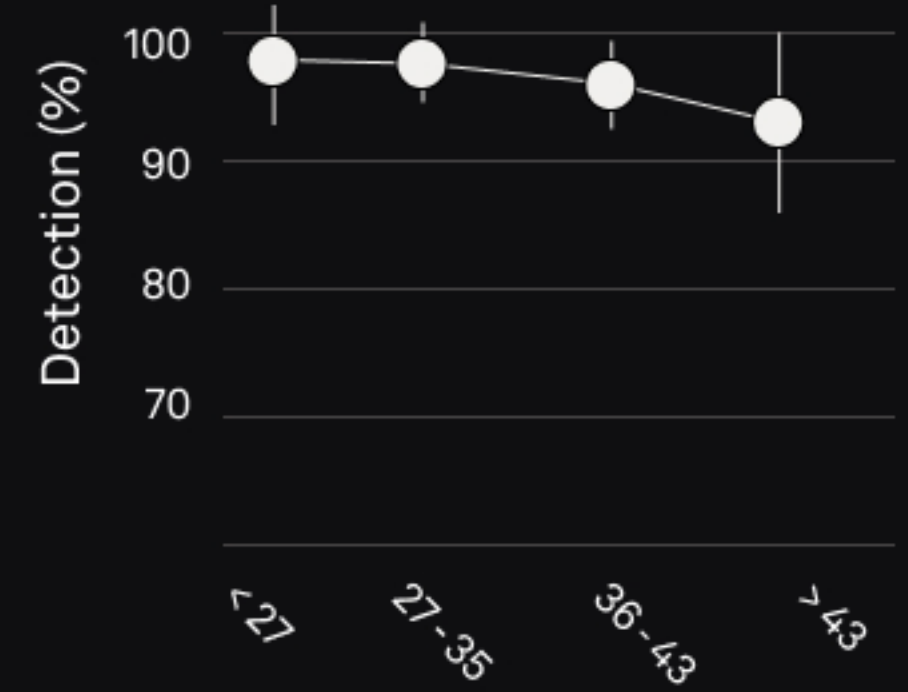
Cycle Length



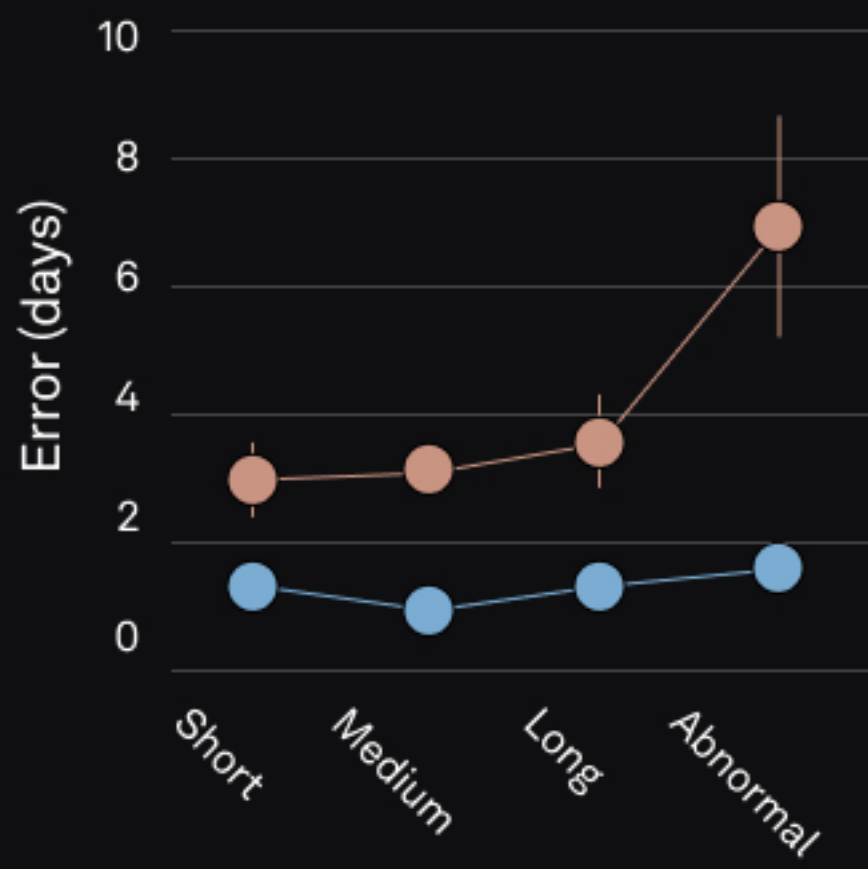
Cycle Variability



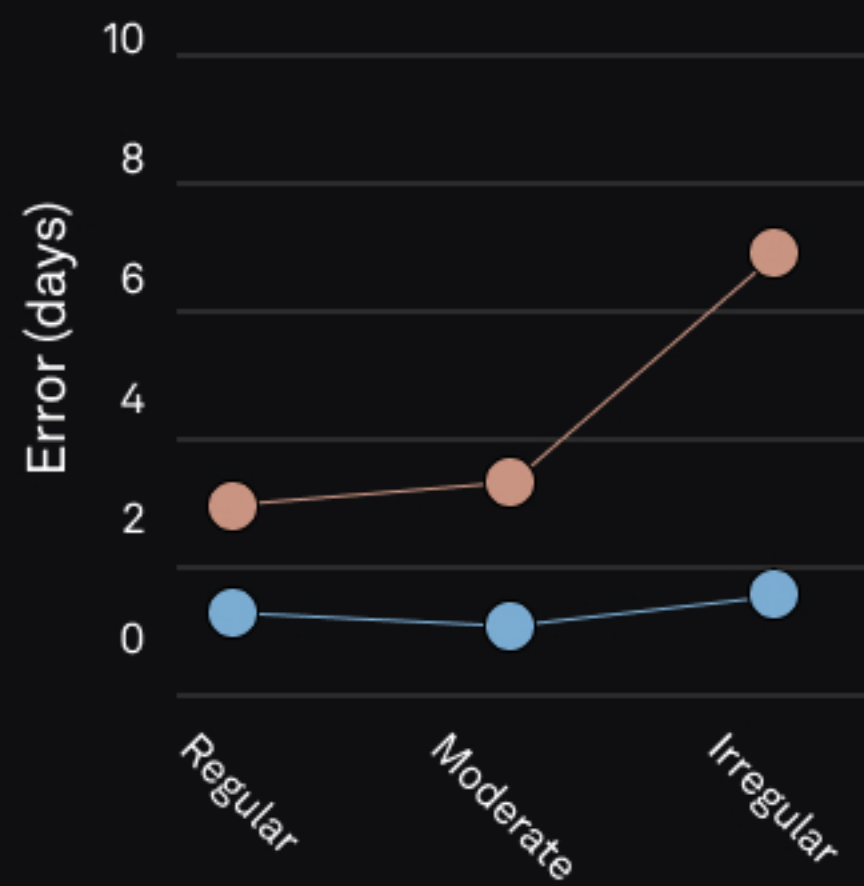
Age (years)



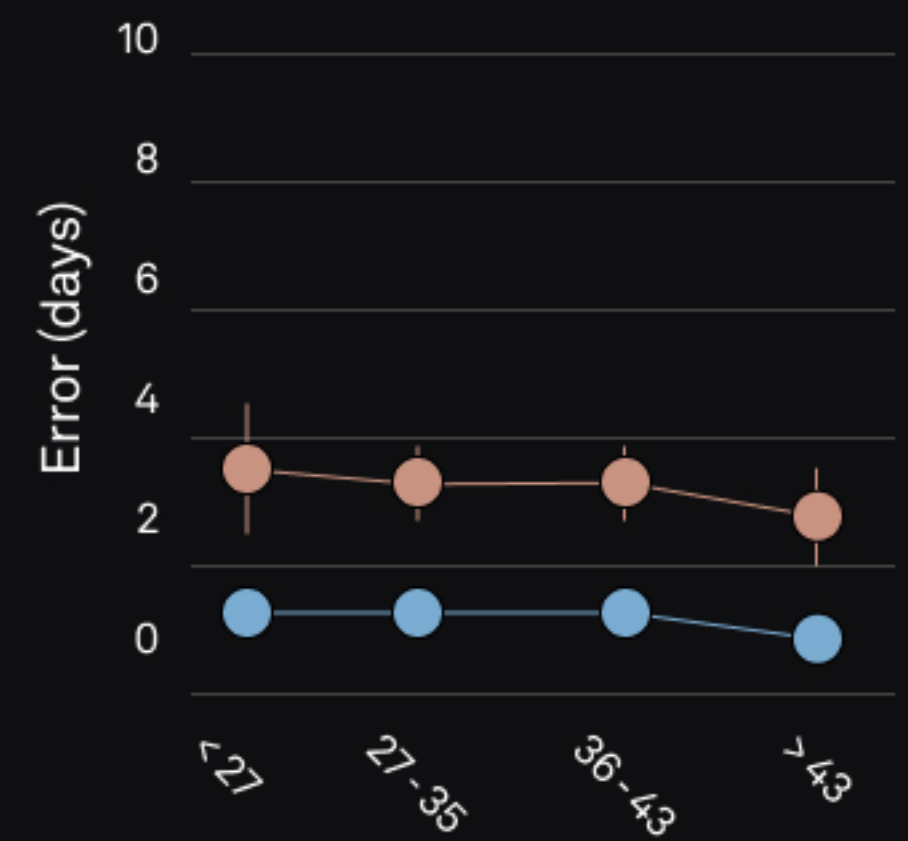
Cycle Length



Cycle Variability



Cycle Length



Calendar Oura Ring

KEY TAKEAWAYS



Cycle tracking

Oura Ring placement on the finger provides optimal access to temperature changes associated with the menstrual cycle, contributing to its superior accuracy.



Consistent precision

The stable accuracy of Oura Ring across cycle variability represents a significant improvement over calendar-based methods. While the calendar method's accuracy drops by 2.6-fold in irregular cyclers (becoming essentially unreliable), Oura Ring maintains consistent precision.

Learn more about Oura for [healthcare providers](#) and [research](#).

Referenced study: Thigpen et al., 2025, Oura Ring as a Tool for Ovulation Detection: Validation Analysis, *Journal of Medical Internet Research*. The authors were employees of Oura Health at time of publication.