



PRESS RELEASE

22 JANUARY 2026 | FOR IMMEDIATE RELEASE

ŌURA and National University of Singapore open Joint Lab to advance research in personalised preventive health

New Joint Lab marks ŌURA's first research entity in the APAC region, deepening a six-year partnership with NUS focussing on key health behaviours including sleep and physical activity

Singapore, 22 January 2026 – ŌURA, maker of the most scientifically validated smart ring, Oura Ring, and the Centre for Sleep and Cognition (CSC) at the Yong Loo Lin School of Medicine, National University of Singapore (NUS Medicine), today announced the opening of the Oura–NUS Joint Lab, a new research entity dedicated to advancing personalised preventive health.

Located at NUS, the Joint Lab will advance scientific research by combining continuous, real-world biometric data from ŌURA within approved research studies with NUS's decades-long expertise in sleep science, physiological data analysis, and cognitive neuroscience to study how sleep and physical activity shape other areas of health and drive better health outcomes. The Joint Lab aims to generate insights that help individuals, clinicians, and health systems shift from reactive care to proactive, preventive health.

Building on a proven collaboration

ŌURA and NUS have collaborated for more than six years across multiple research projects, including evaluating the accuracy of Oura Ring's sleep tracking¹²³⁴, characterising multi-country differences in nocturnal sleep variability⁵, exploring effects of travel-related sleep disruption⁶ and investigating how day-to-day shifts in wearable biometric data can inform about cardiovascular health and disease risk.⁷

¹ [Multi-Night Validation of a Sleep Tracking Ring in Adolescents Compared with a Research Actigraph and Polysomnography](#)

² [Improved sleep detection & classification with sleep tracker | NSS](#)

³ [Selecting a sleep tracker from EEG-based, iteratively improved, low-cost multisensor, and actigraphy-only devices - ScienceDirect](#)

⁴ [Performance of wearable sleep trackers during nocturnal sleep and periods of simulated real-world smartphone use - ScienceDirect](#)

⁵ [Country differences in nocturnal sleep variability: Observations from a large-scale, long-term sleep wearable study - ScienceDirect](#)

⁶ [Insights about travel-related sleep disruption from 1.5 million nights of data](#)

⁷ [RESET Collaborates with ŌURA to Transform Preventive Cardiovascular Health Through AI-Powered Wearable Insights - The Pulse Blog](#)

The new Joint lab will expand this work by designing and running multi-year studies that use Oura Ring's continuous data to understand how real-world sleep and daily behaviours influence long-term health outcomes, both at the individual and population levels.

"Changing health habits is notoriously difficult, and doing it well requires robust science and accurate, continuous data," said Dr Shyamal Patel, Senior Vice President of Science at ŌURA. "Our long-standing collaboration with NUS has already shown how high-quality wearable data can deepen our understanding of cardiovascular, metabolic, and mental health. With this Joint Lab, we're expanding that work to tackle some of the world's most pressing preventive health challenges."

Singapore as a hub for global preventive health

The Joint Lab is the first research entity in APAC for ŌURA, underscoring the company's commitment to the region and recognition of Singapore as a strategic hub for international growth, health innovation, and public-private collaboration. By anchoring this work in Singapore, the partners aim to contribute to national priorities around preventive health and healthy longevity and build data-driven models that can be scaled across APAC and global populations.

"The Joint Lab will accelerate the realisation of our shared goal of reducing the burden of chronic disease," said Professor Michael Chee, Director, Centre for Sleep and Cognition at NUS Medicine. "By pairing Ōura's continuous biometric data with our expertise in sleep science and behaviour change, we can test new ways of giving people timely and relevant feedback that help them make optimal lifestyle choices every day for better health outcomes."

"Ōura's decision to set up a joint lab in Singapore builds on the strong foundation of its long-standing collaboration with NUS. This is Ōura's first presence in Asia and reflects Singapore's strong base of talent, research, and innovation capabilities, as well as the growing market opportunities in preventive health," said Ms Goh Wan Yee, Senior Vice President and Head, Healthcare, Singapore Economic Development Board.

For media enquiries, please contact:

Xuan LEE
Manager, Communications
Yong Loo Lin School of Medicine,
National University of Singapore
DID: +65 8288-1237
Email: lxuan@nus.edu.sg

Jamie HILL
Director of Communications
ŌURA
Email: jamie.hill@ouraring.com

About National University of Singapore (NUS)

The National University of Singapore (NUS) is Singapore's flagship university, which offers a global approach to education, research and entrepreneurship, with a focus on Asian perspectives and expertise. We have 15 colleges, faculties and schools across three campuses in Singapore, with more than 40,000 students from 100 countries enriching our

vibrant and diverse campus community. We have also established our NUS Overseas Colleges programme in more than 15 cities around the world.

Our multidisciplinary and real-world approach to education, research and entrepreneurship enables us to work closely with industry, governments and academia to address crucial and complex issues relevant to Asia and the world. Researchers in our faculties, 30 university-level research institutes, research centres of excellence and corporate labs focus on themes that include energy; environmental and urban sustainability; treatment and prevention of diseases; active ageing; advanced materials; risk management and resilience of financial systems; Asian studies; and Smart Nation capabilities such as artificial intelligence, data science, operations research and cybersecurity.

For more information on NUS, please visit www.nus.edu.sg.

About the NUS Yong Loo Lin School of Medicine (NUS Medicine)

The NUS Yong Loo Lin School of Medicine is Singapore's first and largest medical school. Our enduring mission centres on nurturing highly competent, values-driven and inspired healthcare professionals to transform the practice of medicine and improve health around the world.

Through a dynamic and future-oriented five-year curriculum that is inter-disciplinary and inter-professional in nature, our students undergo a holistic learning experience that exposes them to multiple facets of healthcare and prepares them to become visionary leaders and compassionate doctors and nurses of tomorrow. Since the School's founding in 1905, more than 12,000 graduates have passed through our doors.

In our pursuit of health for all, our strategic research programmes focus on innovative, cutting-edge biomedical research with collaborators around the world to deliver high impact solutions to benefit human lives.

The School is the oldest institution of higher learning in the National University of Singapore and a founding institutional member of the National University Health System. It is one of the leading medical schools in Asia and ranks among the best in the world (Times Higher Education World University Rankings 2025 by subject and the Quacquarelli Symonds (QS) World University Rankings by subject 2025).

For more information about NUS Medicine, please visit <https://medicine.nus.edu.sg/>

About ŌURA

ŌURA delivers personalized health data, insights, and daily guidance with Oura Ring, the leading smart ring that helps you live healthier, longer. Guided by a mission to shift healthcare from sick care to prevention, ŌURA supports millions of members worldwide across sleep, activity, stress, readiness, women's health, and heart health. Scientifically validated against medical gold standards, the lightweight Oura Ring tracks 50+ health metrics continuously, empowering both individuals and thousands of research teams, healthcare providers, and organizations. With 1,000 ecosystem partners across wellness and medicine, ŌURA is advancing the future of preventative health.

Founded in Finland in 2013, ŌURA has E.U. headquarters in Oulu and U.S. headquarters in San Francisco. ŌURA was last valued at approximately \$11B—making it the world's most valuable standalone wearable company. Learn more at ouraring.com or connect with ŌURA on Instagram, LinkedIn, and TikTok.

Oura Ring is not a medical device and is not intended to diagnose, treat, cure, monitor, or prevent medical conditions or illnesses.