

Moonbird on the ring

What Oura rings measure around moonbird breathing sessions. 94 users, 602 sessions, live production data.

1 The half hour after a moonbird session

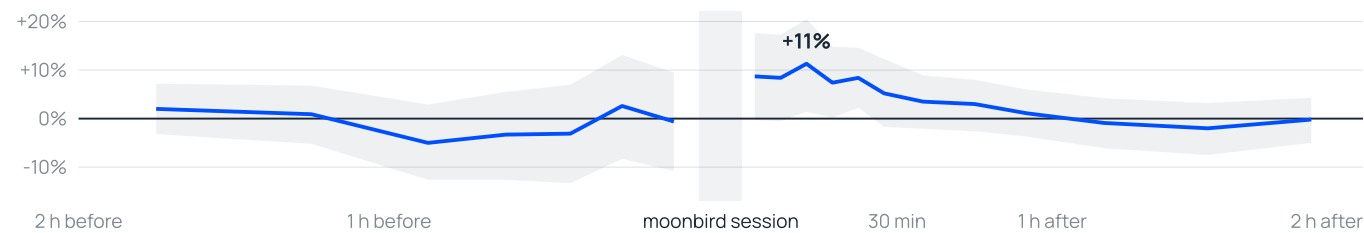


Fig. 1 HRV is heart-rate variability, a sign of calm: higher means calmer. After a session it runs 8 to 11% above the person's usual level for about 30 minutes, then returns. Grey band: uncertainty range.

2 The night after a moonbird evening



Fig. 2 Each person's session nights versus their own other nights, 11,529 nights. Sleep length and stages stay the same. The effect is biggest exactly when it matters: after a rough night.

3 When the moonbird response is strong



Fig. 3 Stronger-response sessions versus the same person's weaker ones, 406 nights: after the stronger half, nights run +7% sleeping HRV and -1.2 bpm. The stronger response wins the calmer night 61% of the time.

4 The moonbird sees the night coming

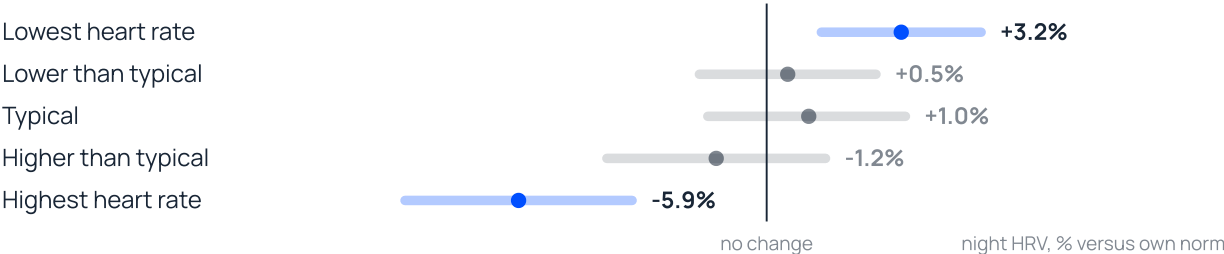


Fig. 4 Each person's sessions in fifths by the heart rate measured during the session; night HRV in percent versus their own norm. The moonbird alone, during the session, forecasts the ring's night.

Not bounce-back.

Rough nights recover by themselves; session nights recover measurably more.

Three brands agree.

Oura, Apple Watch, and Android wearables all show the same rise.