

?URA and NUS open Joint Lab to advance research in personalised preventive health in Singapore

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To generate insights that help individuals, clinicians, and health systems shift from reactive care to proactive, preventive health



?URA, 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), have 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 ?URA 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.

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

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.