

ASHATA Smart Ring Health Tracker with Sleep & Fitness Monitoring (Model ASHATA64pfrgkznb-14)

QUICK BUYER GUIDE



Fitness enthusiasts and sleep trackers needing health monitoring and photo capture

At a Glance Specs

 **BATTERY LIFE**
7-day battery life with 18 charges

 **WATER RESISTANCE**
IP68 rating for water resistance

 **COMPATIBILITY**
Android Wear compatibility only

 **MATERIALS**
Polished ceramic and stainless steel

 **WEIGHT**
2.4 oz weight for all-day wear

 **DIMENSIONS**
3.54 x 2.76 x 1.18 in dimensions

Who It Is For

-  Unisex adults seeking health tracking
-  Fitness enthusiasts monitoring activity
-  Sleep trackers analyzing sleep quality
-  Individuals managing stress through data insights
-  Those needing a versatile wearable gift

Who It Is Not For

-  Android users only
-  Users requiring extended battery life
-  Those without photo capture needs
-  Preference for premium materials
-  Need for advanced health metrics

Trade Offs to Consider

-  Limited to Android Wear compatibility
-  Basic photo capture via app
-  No advanced health metrics
-  Requires frequent charging
-  Slightly heavy for prolonged wear
-  Sleek design may not suit all preferences

How It Compares

- Tracks sleep and activity but lacks advanced metrics
- Offers photo capture via app
- IP68 rating for water resistance
- Android Wear compatibility only
- Moderate weight for all-day wear
- Sleek design for casual use

Choose This If...

- ✓ Need basic health tracking
- ✓ Want photo capture via app
- ✓ Require water resistance
- ✓ Use Android Wear
- ✓ Seek moderate weight for wear
- ✓ Prefer sleek, casual design

Skip This If...

- ✗ Need extended battery life
- ✗ Require advanced health metrics
- ✗ Seek premium materials
- ✗ Need cross-platform compatibility



Learn More



Read our Review

[ASHATA Smart Ring 2026 Review: Health Tracking, Fitness Monitoring, and Smart Ring Design](#)



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wearableinsights.novicelinks.com