



## **CUDIS Launched 002 Classic Smart Ring for Sleep and General Wellness Tracking**

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CUDIS has launched the 002 Classic, a 3-gram titanium smart ring that offers sleep tracking, wellness insights, up to 10 days of battery life, USB-C charging, 5ATM water resistance, and no subscription fee. Weighing just 3 grams, the CUDIS smart ring for sleep tracking combines sleep stage tracking, heart rate variability analysis, and wellness insights in a water-resistant form factor.

The 002 Classic is designed to track sleep across multiple phases, including Light, REM, and Deep Sleep, while providing assessments of overall sleep efficiency. The ring also helps monitor heart rate variability, providing insights into stress and recovery trends based on physiological data patterns over time.

Sleep architecture tracking has become an increasingly important focus for wearable technology manufacturers, as consumers seek deeper understanding of how rest quality affects daily performance. The 002 Classic minimalist smart ring addresses this demand by capturing detailed information about time spent in each sleep stage, allowing users to identify patterns related to bedtime routines, environmental factors, and

lifestyle habits. Sleep efficiency metrics help users understand the ratio of time asleep versus time in bed, offering a practical benchmark for evaluating rest quality.

"The 002 Classic represents the company's approach to making advanced health tracking accessible through a lightweight, durable design," said the CUDIS team. "Users receive comprehensive insights into their sleep and recovery without the burden of subscription fees."

The ring's titanium alloy construction houses sensors that estimate biological age based on health metrics through the CUDIS Age feature, alongside Pace of Aging indicators that reflect changes in wellness trends over time. These metrics are designed to provide additional context for users managing long-term health and fitness goals, complementing the sleep and recovery data with broader wellness indicators.

The device also monitors blood oxygen trends during sleep and rest periods. Blood oxygen monitoring has emerged as a widely adopted feature in consumer wearables, particularly for users interested in understanding nighttime respiratory patterns and how they correlate with morning energy levels. By tracking these trends continuously rather than through spot checks, the 002 Classic aims to build a more complete picture of user wellness patterns.

Hardware specifications include up to 10 days of battery life on a single charge, USB-C connectivity for recharging, and low-power Bluetooth with a 5-meter range for data synchronization. The extended battery life addresses a common pain point for wearable users who prefer not to remove their devices for frequent charging. The 5ATM water resistance rating allows the ring to withstand depths up to 50 meters, making it suitable for swimming and daily water exposure.

Unlike many wearable devices that require ongoing monthly subscriptions to access full functionality, the 002 Classic operates without subscription fees. Users gain access to a reward-based wellness marketplace through the CUDIS, where accumulated health engagement points can be exchanged for training programs, wellness services, nutritional supplements, and personal care products.

The marketplace model reflects a broader shift in the wearable industry toward ecosystems that extend beyond hardware alone. By offering products and services that support sleep hygiene, physical fitness, and overall well-being, CUDIS aims to provide value through its platform without locking core functionality behind recurring payments. This approach positions the 002 Classic as an option for consumers who want access to health insights without the long-term cost commitments associated with subscription-based wearable platforms.

The device serves as an entry point for individuals seeking to understand their sleep architecture and recovery patterns through continuous, passive monitoring. By consolidating multiple health metrics into a

single wearable form factor, CUDIS aims to reduce friction in daily wellness tracking while providing actionable data for lifestyle adjustments.

The CUDIS 002 Classic is available for purchase through the company's website. For more information about sleep tracking capabilities and technical specifications, visit the product page.

About CUDIS: CUDIS develops AI-powered smart rings and related wellness software that track sleep, recovery, and broader health metrics. The company combines sensor data with analytics and AI coaching, and it operates a rewards-based wellness ecosystem. CUDIS is headquartered in Grand Cayman, Cayman Islands.

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## CUDIS

*CUDIS- All day wearable coach for your wellness, recovery, and anti-aging strategies, trusted by Olympians. Meet with 250000+ members from 103 countries worldwide.*

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