Oura node documentation

# Oura node#

Use the Oura node to automate work in Oura, and integrate Oura with other applications. n8n has built-in support for a wide range of Oura features, including getting profiles, and summaries.

On this page, you'll find a list of operations the Oura node supports and links to more resources.

Credentials

Refer to Oura credentials for guidance on setting up authentication.

## Operations#

• Profile  
Get the user's personal information.

• Get the user's personal information.

• Summary  
Get the user's activity summary.  
Get the user's readiness summary.  
Get the user's sleep summary

• Get the user's activity summary.

• Get the user's readiness summary.

• Get the user's sleep summary

## Templates and examples#

Browse Oura integration templates, or search all templates