

Sleeping Heart Rate Chart

SLEEPING HEART RATE CHART

Age Group | Average Sleeping Heart Rate (beats per minute) Newborns (0-3 months) | 100-150 Infants (3-6 months) | 90-120 Infants (6-12 months) | 80-120 Children (1-3 years) | 70-110 Children (3-5 years) | 65-110 Children (6-11 years) | 60-95 Adolescents (12-15 years) | 55-85 Adults (16-60 years) | 50-70 Seniors (>60 years) | 50-65

Note: These values are averages and can vary based on individual health conditions, fitness levels, and other factors.

Doctor's Signature:

Name: _____

Date: _____ dd / mm / yyyy