

Sleeping Heart Rate Chart

Age group	Average resting heart rate when awake (Avram et al., 2019; Fleming et al., 2011)	Sleeping heart rate
Newborn	107-148 bpm	<p>For children:</p> <p>As children grow, their resting heart rate gradually decreases. Ideal resting heart rate ranges in children can vary, with the typical values spanning the 10th to 90th percentiles (Fleming et al., 2011). Children's heart rates also tend to be lower during sleep (Archbold et al., 2010).</p> <p>For adults:</p> <p>A typical resting heart rate during sleep for adults falls between 40 and 50 bpm, though individual factors can influence this range (Summer, 2022). Heart rate changes throughout the sleep cycle, beginning to slow in the initial stages of light sleep and reaching its lowest point during deep sleep.</p> <p>During rapid eye movement (REM) sleep, heart rate may increase to levels similar to those seen while awake.</p>
0-3 months	123-164 bpm	
3-6 months	120-159 bpm	
6-9 months	114-152 bpm	
9-12 months	109-145 bpm	
12-18 months	103-140 bpm	
18-24 months	98-135 bpm	
2-3 years	92-128 bpm	
3-4 years	86-123 bpm	
4-6 years	81-117 bpm	
6-8 years	74-111 bpm	
8-12 years	67-103 bpm	
12-15 years	62-96 bpm	
15-18 years	58-92 bpm	
18-20 years old	68-96 bpm	
21-30 years old	65-95 bpm	
31-40 years old	63-94 bpm	
41-50 years old	61-90 bpm	
51-60 years old	60-87 bpm	
61-70 years old	60-86 bpm	
71-80 years old	63-85 bpm	

Additional notes

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<https://www.sleepfoundation.org/physical-health/sleeping-heart-rate>