

# Heart rate



**Heart rate** is the number of heartbeats per unit of time, most often per minute. Resting heart rate in a healthy adult is 60-90 beats/min. Heart rate can be measured in several ways. The pulse is more noticeable on the arteries that are closer to the surface - the carotid, spindle, wrist, arm and femoral arteries. The pulse can best be felt at the occiput. You can measure either with your finger and a stopwatch, using a smart app on your phone, or we can monitor your heart rate using a smart watch .

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