

# The heart rate

**Heart rate** is the number of heartbeats per unit of time, most commonly per minute. The resting heart rate for a healthy adult is 60-90 beats/min. Heart rate can be measured in several ways. The pulse is more obvious in arteries that are closer to the surface - carotid, radial, carpal, brachial and femoral arteries. The carotid artery is the best place to feel the pulse. You can either measure with your finger and a stopwatch, using a smart app on your phone, or we can monitor your heart rate with a smartwatch.

## References

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