

Instructions on how to measure heart rate at home

In this article, TipsMake.com will share with readers how to measure heart rate at home to be more proactive in monitoring and assessing your health.

Heart rate is one of the important health indicators that we should monitor regularly. In addition to going to health facilities, you can completely determine your own heart rate as well as those of people around you. So what are the **ways to measure heart rate** at home? Read the article of TipsMake.com to find out details!

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What is heart rate? How much is best?

The heart rate (or heart rate index) is the heartbeat, which is measured by the number of contractions of the heart over a period of 1 minute (the unit is bpm - beat per minute, roughly translated as beats per minute). There are many factors that change the heart rate, such as physical activity, stress, drugs, stimulants, dehydration, thyroid disorders, diabetes, cardiovascular diseases .

How much is the best heart rate? According to the American Heart Association, the normal heart rate is about 60 to 100bpm at rest, high heart rate (tachycardia) is above 100bpm at rest, bradycardia is less than 60bpm at rest. During sleep, the heart rate usually slows down and if it is between 40 and 50 bpm it will be considered normal. Here is the ideal heart rate table for each age (according to research by the National Health Agency in the UK):

1. Infant heart rate: 120 - 160 beats / minute
2. Children's heart rate from 1 to 12 months: 80 - 140 beats / minute
3. Children's heart rate from 1 to 2 years: 80 - 130 beats / minute
4. Children's heart rate from 2 to 6 years: 75 - 120 beats / minute
5. Children's heart rate from 7 to 12 years: 75 - 110 beats / minute
6. Heart rate of people 18 years and older: 60 - 100 beats / minute
7. Athlete heart rate: 40 - 60 beats / minute



Heart rate - one of the most important health indicators

If your regular heart rate is not normal, you may have a heart rhythm disorder. In this case, you need to visit medical facilities for timely examination and treatment.

Ways to measure heart rate at home

To measure your heart rate at home, you can use one of the following methods:

How to measure heart rate with fingers

For this measure, you will need to use your index finger, middle finger and a time clock. We do not use the thumb because the thumb has a pulse, which will affect the result.

Step 1: Locate the heart rate measurement

You can measure the heart rate at the wrist or carotid artery position:

1. **Measure the heart rate at the wrist:** Place the left hand close to the body, palm up, hold gently. Place your right index and middle finger on your left wrist just below your wrist fold. Gently press two fingers against your wrist until you feel a pulse under the skin.
2. **Measure heart rate using carotid artery:** Apply your index and middle fingers to the side of your neck, just below your jawbone, and position between your windpipe and the large muscles in your neck. Gently press your finger until you feel a beat.

Step 2: Measure your heart rate

Use the clock to calculate the 1-minute interval, while counting the number of beats. The total number of beats you count in the 1 minute period is your heart rate.



How to measure heart rate at home by hand

Measure your heart rate quickly and accurately with a mini heart rate monitor

Using a finger-held pacemaker is one of the simplest, quickest and most accurate ways to determine a home heart rate. This device has a very compact design with an average size of about 3cm x 3cm x 6cm (thickness x width x length), very suitable for use for individuals and families. In addition to heart rate, most devices can measure the SpO₂ (blood oxygen saturation). Heart rate and SpO₂ are two of the five body vital indicators.

To measure your heart rate using a heart rate monitor, you only need to open the clip, place a finger on the end of the device, close the clamp and press the power button on the device. After only a few seconds, the result of heart rate, SpO₂ indicator will display on the screen of the device.



Finger-held heart rate monitors for fast, accurate results

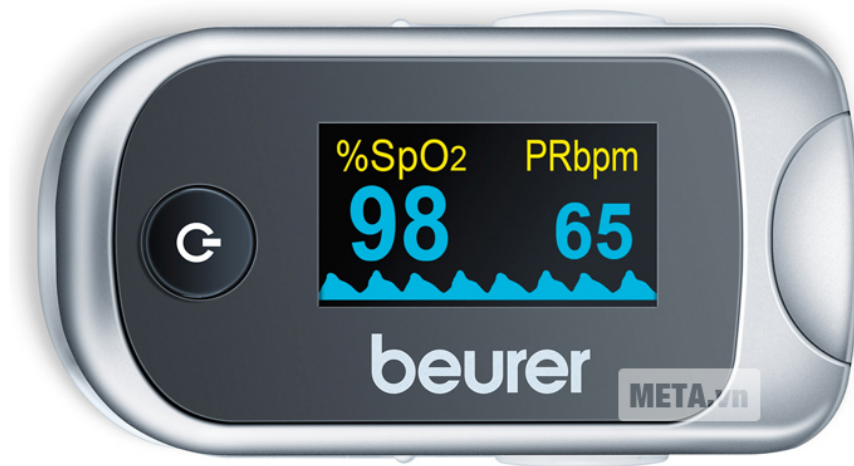
Some of the best heart rate and blood oxygen monitor SpO2 available today

Equipping a SpO2 meter and finger-grip heart rate for the family is really necessary. Having this device in your home, you and your family members can be more proactive in monitoring important survival indicators, thereby taking better health protection measures. Here are some quality SpO2 and finger grip heart rate meters you can refer to:

Blood oxygen monitor SpO2 and heart rate Beurer PO40

Highlights:

1. Compact size, can easily fit into bags, business trips, travel.
2. LED display with digital display and easy to observe pulse bar.
3. Display mode can be rotated 4 directions, convenient for users in any position.
4. Used for both children and adults.
5. Brand: Beurer.
6. Made in: Germany.
7. Warranty: 24 months.
8. Reference price: VND 1,600,000.



Spurer and Beurer PO40 heart rate monitor

Beurer PO30 oxygen and heart rate monitor

Highlights:

1. Equipped with volumetric waveform technology and pulse frequency to measure SpO2 and heart rate
2. Can be used for all subjects, including children and people with diseases such as heart disease, asthma, low blood pressure .
3. Compact size, convenient for moving and preserving.
4. Easy-to-observe LCD screen parameters.
5. Measuring range: 0 - 254 beats / minute (heart rate), 0 - 100% (SpO2)
6. Brand: Beurer.
7. Made in: Germany.
8. Warranty: 24 months.
9. Reference price: 1,300,000 VND



Beurer PO30 oxygen and heart rate monitor

Yuwell YX301 oxygen and heart rate monitor

Highlights:

1. Simple and compact design.
2. Can be used for adults, infants and children.
3. Ability to automatically turn off after 8 seconds of inactivity to save energy.
4. The sharp LED 96 screen makes it easy to see and read parameters.
5. Measuring range: 25 - 250bpm (heart rate), 70 - 99% (SpO2).
6. Brand: Yuwell
7. Warranty 12 months
8. Reference price: 500,000 VND.



Yuwell YX301 oxygen and heart rate monitor

Heart rate monitor and SpO2 for iMediCare iOM A3

Highlights:

1. Compact, modern design with sharp LED screen, digital display and easy-to-read pulse bar. Not only that, the LED screen can display 2 colors and rotate 4 directions.
2. There is an alert function when the heart rate is lower than 50 beats / minute or higher than 130 beats / minute.
3. Measuring range: 25 - 250bpm (heart rate), 0 - 100% (SpO2).
4. Brand: iMediCare.
5. Warranty: 24 months.
6. Reference price: 900,000 VND.



Heart rate monitor and SpO2 for iMediCare iOM A3

Maxcare Max104 oxygen and heart rate monitor

Highlights:

1. Compact size, LED display with numerical display and pulse bar.
2. Allows adjusting the screen light according to different levels.
3. Smooth operation, does not cause loud noise that affects the user.
4. When there is no signal or a weak signal, the device will automatically power off after 8 seconds.
5. Brand: Maxcare.
6. Warranty 12 months.
7. Reference price: VND 1,600,000.



Maxcare Max104 oxygen and heart rate monitor

Hopefully the ways we measure your heart rate will help you. Wish you and your family are always healthy!

You finished reading the article "**Instructions on how to measure heart rate at home**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.