

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: