

## HOW TO

# MONITOR



## YOUR HEART RATE AND RHYTHM

A simple pulse check can help you keep an eye on your heart rate<sup>1</sup>

Your baseline pulse and normal rhythm can be measured first thing in the morning and before going to bed<sup>1</sup>. This is known as your resting heart rate<sup>1</sup>

Your resting heart rate should beat evenly, like the ticking of a clock, with 60 to 100 beats per minute (bpm)<sup>1</sup>

## SIMPLE STEPS TO TAKE YOUR PULSE:\*

### SIT DOWN

Sit down for 5 minutes and remove any watches or jewellery from your wrist<sup>1</sup>. Avoid stimulants such as caffeine and nicotine<sup>1</sup>

### PLACE HAND DOWN

Your palm should face upwards and elbow slightly bent<sup>1,2</sup>

### PRESS FIRMLY

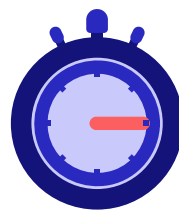
Use the index and middle fingers of your other hand to press firmly on your wrist at the base of the thumb, between the wrist and tendon attached to the thumb<sup>1,2</sup>

### KEEP PRESSING

Count your heartbeats for 30 seconds<sup>1,2</sup>

### MULTIPLY THE NUMBER OF BEATS

by two to get the beats per minute<sup>1,2</sup>



If your pulse feels irregular, fluttery, or accelerated, keep monitoring it for a full minute and do not multiply the number of beats.<sup>1</sup>

## SMART PULSE MONITORING

Some smart watches and activity trackers can monitor your heart rate.

\* These instructions are for your wrist, but your pulse can also be taken in the crease of your elbow, your groin, or behind your knee.<sup>1</sup>

**IF YOUR PULSE FEELS IRREGULAR, IS CONSISTENTLY TOO FAST (ABOVE 100 BPM) OR TOO SLOW (BELOW 60 BPM), PLEASE SPEAK TO YOUR DOCTOR<sup>3</sup>**

The information provided on this leaflet is intended for general information and education and is not intended to be a substitute for advice provided by a doctor or other qualified healthcare professional

Refs: 1. Arrhythmia Alliance. Know Your Pulse Factsheet. April 2009; reviewed May 2021. Available at <https://www.heartrhythmalliance.org/aa/uk/know-your-pulse-resources-uk>. Last accessed August 2021. 2. NHS. Diagnosis – atrial fibrillation. May 2021. Available at <https://www.nhs.uk/conditions/atrial-fibrillation/diagnosis/>. Last accessed August 2021. 3. NHS. Symptoms – atrial fibrillation. May 2021. Available at <https://www.nhs.uk/conditions/atrial-fibrillation/symptoms/>. Last accessed August 2021.