### Appendix 4 Normal Heart Rates

**Normal heart rates in children (Hazinski 2013)**

<table>
<thead>
<tr>
<th>Age</th>
<th>Awake rate/min</th>
<th>Sleeping rate/min</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neonate</td>
<td>100-180</td>
<td>80-160</td>
</tr>
<tr>
<td>Infant (6 mo)</td>
<td>100-160</td>
<td>75-160</td>
</tr>
<tr>
<td>Toddler</td>
<td>80-110</td>
<td>60-90</td>
</tr>
<tr>
<td>Preschooler</td>
<td>70-110</td>
<td>60-90</td>
</tr>
<tr>
<td>School-age</td>
<td>65-110 60-90</td>
<td></td>
</tr>
<tr>
<td>Adolescent</td>
<td>60-90</td>
<td>50-90</td>
</tr>
</tbody>
</table>