What Is Resting Heart Rate?

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Resting heart rate (RHR) is the number of times your heart beats per minute while your body is at rest. It is commonly expressed in beats per minute (BPM).

Unlike a heart rate reading taken during exercise or movement, resting heart rate represents your heart rate under relatively inactive conditions.

How Is Resting Heart Rate Different from Regular Heart Rate?

A regular heart rate reading shows how quickly your heart is beating at a particular moment. It can change throughout the day depending on movement, exercise, activity and other factors.

Resting heart rate refers specifically to measurements taken during periods of rest. It can be used to observe changes in heart rate over time.

How Does a Smartwatch Estimate Resting Heart Rate?

A smartwatch uses its optical heart rate sensor to collect heart rate measurements. Software analyzes these measurements to identify periods of rest and estimate resting heart rate.

The result may differ from an individual heart rate reading because it is based on measurements collected over a period of time rather than a single moment.

What Can Affect Resting Heart Rate?

Resting heart rate can vary due to several factors, including:

- Physical fitness and activity levels.
- Sleep quality and duration.
- Stress and emotional state.
- Illness or fever.
- Hydration.
- Medication and other individual factors.

A single reading does not necessarily indicate a change in health. Resting heart rate is best understood as an estimate that can be observed over time.

Smartwatch measurements are not intended to diagnose or monitor medical conditions.