

What Is a Typical HRV by Age?

HRV naturally changes throughout life, and it's helpful to understand what is typical for your age group.

Below is a general reference for average HRV values by age:

Ages 10–20: ~76 Ages 20–30: ~73 Ages 30–40: ~69 Ages
40–50: ~65 Ages 50–60: ~62 Ages 60–70: ~58 Ages 70–80:
~55 Ages 80–90: ~51 Ages 90+: ~48

These values represent broad population averages and should be used as a general guide.

What matters most is your personal baseline over time. Your HRV is most meaningful when compared to your own patterns, not someone else's.