

# What Is a Typical HRV by Age?

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

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

Age Range	Typical HRV
10 - 20	~76
20 - 30	~73
30 - 40	~69
40 - 50	~65
50 - 60	~62
60 - 70	~58
70 - 80	~55
80 - 90	~51
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.