How To Take Your Pulse

Your pulse is the number of times your heart beats in one minute. It is also called your heart rate. Many things can affect your heart rate, or pulse rate.

- medicines
- exercise
- caffeine

You should record your pulse when you are relaxed. It is best to take it in the morning before you take medicine, drink caffeine, smoke or exercise.

It is important to keep a record of your normal resting pulse rate. A pulse rate can tell you if your medicine is effective. It can also be an early sign of a problem. Your record becomes even more important over time.

1. Bend your elbow with your arm at your side. Turn the palm of your hand up.

2. Using your middle finger and index finger, feel for the pulse inside your wrist. You will feel the radial pulse when you do find it. Do not use your thumb to take the pulse because it has a pulse of its own.

3. Count your pulse for a full 60 seconds. Notice if your pulse has a strong or weak beat, whether it is regular or irregular.

4. Write down the date, time and the number of beats you counted for 1 minute on your log.