

Newborn Heart Rate Cheat Sheet

Quick Reference for Parents

Situation	Heart Rate (bpm)	What ' s Normal?
Awake/Resting	100 – 160	Normal
Sleeping	90 – 160	Normal
Crying/Active	Up to 180	Normal
Too Low	<90 (while awake)	Call Doctor
Too High	>180 (at rest)	Call Doctor

Tip: Your baby ' s heart rate changes with activity—don ' t panic if it speeds up during crying or slows while sleeping.

Regular checkups ensure your baby ' s heart is healthy and strong.

Call your pediatrician if the heart rate is consistently too low or too high.