

Health Metrics Reference Ranges

Health Metrics Reference Ranges (Elderly Adults)

Below are general reference values to help interpret daily and weekly averages for key health indicators in older

♥■ Heart Rate (Resting)

- Normal: **60–100 bpm**
- Concerns: < 50 bpm (bradycardia), > 100 bpm (tachycardia)
- Tip: Compare to your personal baseline, not just global average

■ Blood Pressure

- Normal: **< 130 / 85 mmHg**
- Elevated: 130–139 / 85–89 mmHg
- High: 140+/90+ mmHg
- Note: Systolic/diastolic variability increases with age

■ Hydration

- Recommended intake: **2.0–3.0 L/day**
- May vary based on weight, temperature, and activity
- Dehydration signs: fatigue, dry mouth, dizziness

■ Sleep Duration

- Recommended: **7–8 hours/night**
- OK range: 6.5–9 hours
- Common issues: frequent waking, light sleep

■ Notes:

- These ranges are general and may vary by individual.
- Always consult a doctor if values remain outside healthy thresholds.

Sources: Heart Foundation AU, WHO, NIH, BetterHealth.vic.gov.au