

# 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

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### ## ♥■ Heart Rate (Resting)

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

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### ## ■ Blood Pressure

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

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### ## ■ Hydration

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

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### ## ■ Sleep Duration

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

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### ## ■ Notes:

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

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