

Check Your Pulse (Neck)

Your heart rate, or pulse, is the number of times your heart beats per minute. Knowing how to take your pulse can help your healthcare provider monitor your heart health. You may be asked to check your pulse on a regular basis.

One way to check your pulse is on your neck. Try it now. Step 1. Press your index and middle finger on one side of your neck close to your windpipe. Press lightly on your neck, pressing too hard can make you feel lightheaded. Step 2. Count the number of times your heart beats within 10 seconds. Use a watch with a secondhand watch or set a stopwatch on your phone. Step 3. Multiply that number by 6 to get your heart rate per minute. The total number is your pulse or heart rate. A normal resting heart rate or pulse between 60 and 100 beats per minute.

Let's try that again. Press your index and middle finger on one side of your neck close to your windpipe. Count the number of times your heart beats within 10 seconds. Multiply that number by 6. 6 times 10 seconds or one minute will give your heart rate or pulse per minute.

Talk to your healthcare provider if your pulse is unusually high or unusually low for more recommendations on your heart health. Remember to keep a record of your pulse checks to share with your healthcare provider at your next visit.