How to measure your pulse and breathing rate

Checking your pulse rate

To **check your pulse** at **your** wrist, place two fingers between the bone and the tendon over **your** radial artery — which is located on the thumb side of **your** wrist. When you feel **your pulse**, count the number of **beats** in 15 seconds. Multiply this number by four to **calculate your beats** per minute.

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Checking your breathing rate

One complete breath comprises one inhalation, when **the** chest rises, followed by one exhalation, when **the** chest falls. To measure **the respiratory rate**, count **the** number of breaths **for** an entire minute or count **for** 30 seconds and multiply that number by two. . 11 Feb 2019

Alternatively you can you use:

Pulse rate: Cardiio app
https://apps.apple.com/us/app/cardiio-heart-rate-monitor/id542891434

Respiratory rate: RRate app

There may be others available depending on your operating system.