

## How to Measure Blood Pressure at Home

1. **Rest for 5 minutes** quietly before measuring blood pressure. Readings are most accurate when you are **alone**, without any distractions including reading emails, checking your phone etc.
2. Take **two readings in the morning** (within two hours of waking up and before you take your medication) **and two readings before bed**. Take readings 1-2 minutes apart.
3. Do BP measurements for **7 days in a row** before your next doctor appointment.
4. Make sure you are **seated**, with your back and arm supported and both feet flat on the ground.
5. Your arm that has the blood pressure cuff on should be bare and positioned at heart level.
6. Try to avoid caffeine or smoking 1 hour before taking your BP.

### My Blood Pressure Diary (Systolic BP/Diastolic BP)

	MORNING BP		BEDTIME BP	
	Reading #1	Reading #2	Reading #1	Reading #2
Example	146/78	152/74	110/78	116/82
Day 1	/	/	/	/
Day 2	/	/	/	/
Day 3	/	/	/	/
Day 4	/	/	/	/
Day 5	/	/	/	/
Day 6	/	/	/	/
Day 7	/	/	/	/

### How to Calculate My Average Systolic and Diastolic Pressures

**Average Systolic** = Add up all systolic pressures from **days 2-7** (throw out day 1 readings) and divide by 24.

**Average Diastolic** = Add up all diastolic pressures from days 2-7 and divide by 24.

**My Average BP:** \_\_\_\_\_ / \_\_\_\_\_