

Monitoring High Blood Pressure.

Here are some recommendations when using a wrist blood pressure monitor.

- 1- Read the instructions for any blood pressure monitor and follow the recommendations on position, muscle relaxation and movement or twitching of muscles.
- 2- When wearing the inflatable cuff make sure that it is placed snug on the arm or wrist.
- 3- It is highly recommended that you take your blood pressure several times a day, every day at around the same time and during similar activities.
 - i. An example would be in the morning half hour after waking up, at noon before or after lunch and at night at the usual time that you relax after dinner. You make your own schedule as long as it is around the same time every day and doing similar activities.
- 4- When taking measurements, it is recommended that you take it two or even three times and then average the readings. Make sure you take each measurement about a minute or two apart. The average reading will be less influenced by artifact or user errors.
- 5- Follow the guidance below and consult a Doctor if your blood pressure levels consistently reach the danger zones.

