

How Do I Take My Blood Pressure At Home?

Nearly half of U.S. adults should be checking their blood pressure at home. This helps find problems such as “white coat hypertension”—blood pressure that is high at the doctor’s office due to anxiety, but not high at home. If you have a history of high blood pressure, taking it at home helps track how well your treatment is working.

TIPS FOR USING A HOME BLOOD PRESSURE MONITOR



Sit still and think calming thoughts.
Don't talk.

Rest your arm comfortably on a flat surface. Position the bottom of the arm cuff directly above the bend of your elbow.

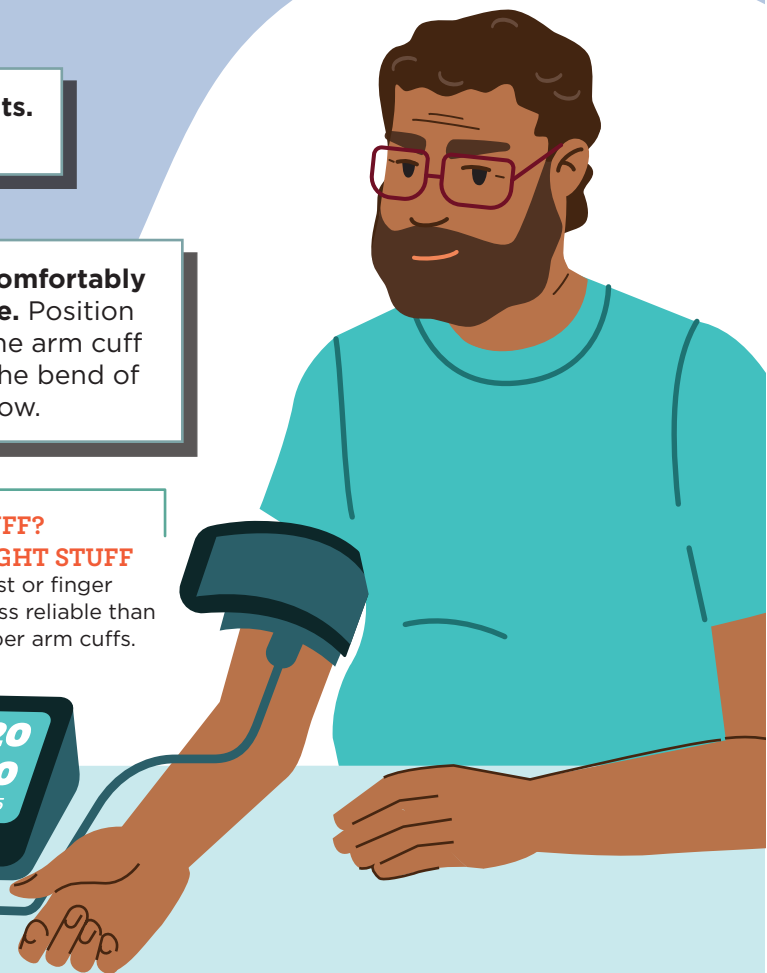


Place your feet flat on the floor. Don't cross your legs. Sit up straight with your back supported by the chair.



ARM CUFF? THAT'S THE RIGHT STUFF

Avoid using wrist or finger monitors. They're less reliable than monitors with upper arm cuffs.



BEFORE



30 minutes before:
Don't exercise, smoke, or consume caffeine.



5 minutes before:
Sit down and rest.

AFTER



Recheck your blood pressure one or two more times, about a minute apart.



Record all your results.