How to Measure

YOUR BLOOD PRESSURE AT HOME

Record your numbers. Use this chart to start recording both your systolic and diastolic readings. If you're worried you might lose this chart, you can also keep a dedicated journal, spreadsheet, or note in your phone, or download a blood pressure tracker app, like Smart BP or Welltory.

Take readings twice a day, for example once in the morning and once in the late afternoon. It's important to do this at the same time every day to get reliable information.

Sit comfortably, but upright. Have both feet flat on the floor and your back straight.

Relax. Don't smoke, drink caffeine, or exercise right before taking your blood pressure reading. Rest your arm on a flat surface, like on a table next to your chair, so that the cuff is at about the same height as your heart and your arm is supported.

Wear the cuff correctly. Place the cuff around your arm directly above the bend in your elbow. Place the cuff against your skin, not over your sleeve. Check the instructions that came with your monitor for more specific information, and don't be afraid to ask your health care provider for help.

BLOOD PRESSURE STAGES

HBP STAGE	BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and/or	DIASTOLIC mm Hg (lower number)
	Normal	Less than 120	and	Less than 80
	Elevated	120-129	and	Less than 80
STAGE 1	High Blood Pressure	130-139	or	80-89
STAGE 2	High Blood Pressure	140 or higher	or	90 or higher
STAGE 3	High Blood Pressure	Higher than 180	and/or	Higher than 120

Source: American Heart Association

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Blood Pressure Diary

NAME ..... DOB .....

DATE	AM TIME AND READING	PM TIME AND READING

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