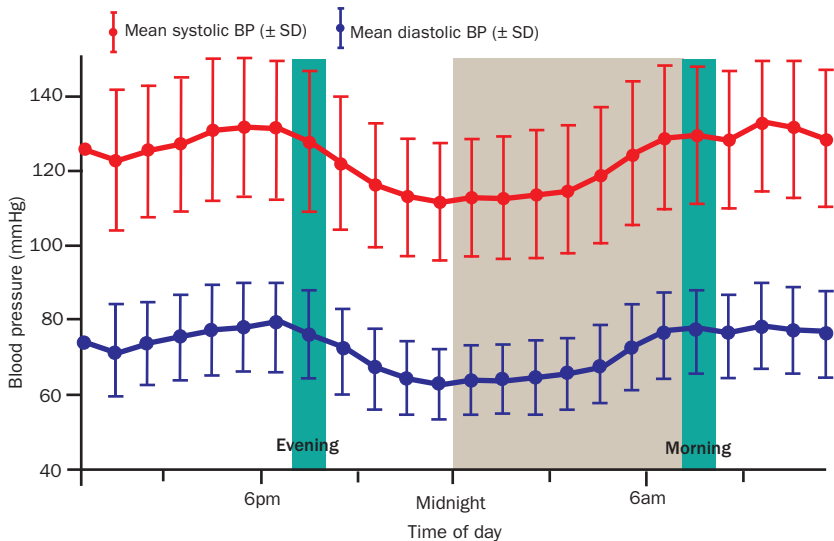




Abbreviation: SD = standard deviation.

Figure. Pattern of hourly averages of systolic and diastolic blood pressure (BP) measured using ambulatory BP monitoring (ABPM) over 24 hours from a population study of 1533 people from Ohasama, Japan.²⁴ The green bands indicate the periods in the morning and evening when it is recommended that home BP measurements be taken.²⁵ The average morning and evening systolic BP values (both 129 mmHg) are the same as the overall average ABPM daytime systolic BP value (129 mmHg).