

**Table. Comparison of ambulatory and home blood pressure monitoring**

Ambulatory blood pressure monitoring	Home blood pressure monitoring
Advantages	Advantages
<ul style="list-style-type: none"> <li>• Is less prone to misdiagnosis than clinic measurements</li> </ul>	<ul style="list-style-type: none"> <li>• Usually requires only two to three readings in the morning and evening for five to seven days</li> </ul>
<ul style="list-style-type: none"> <li>• Enables most reliable detection of white-coat and masked hypertension</li> </ul>	<ul style="list-style-type: none"> <li>• Enables some detection of white-coat and masked hypertension</li> </ul>
<ul style="list-style-type: none"> <li>• Provides a reliable guide to therapy effectiveness and can identify periods of the day when treatment may be insufficiently effective</li> </ul>	<ul style="list-style-type: none"> <li>• Provides a guide to therapy effectiveness</li> </ul>
<ul style="list-style-type: none"> <li>• Measures nocturnal dipping pattern in blood pressure level</li> </ul>	<ul style="list-style-type: none"> <li>• Is inexpensive and generally the patient's choice over ambulatory monitoring</li> </ul>
<ul style="list-style-type: none"> <li>• Can assess morning hypertension</li> </ul>	<ul style="list-style-type: none"> <li>• Can assess morning hypertension and long-term blood pressure and its variability</li> </ul>
<ul style="list-style-type: none"> <li>• Has standardised international protocols for validation and interpretation</li> </ul>	<ul style="list-style-type: none"> <li>• Has standardised international protocols for validation and interpretation</li> </ul>
Disadvantages	Disadvantages
<ul style="list-style-type: none"> <li>• Is expensive and not reimbursed in some countries, including Australia</li> </ul>	<ul style="list-style-type: none"> <li>• Does not assess nocturnal blood pressure</li> </ul>
<ul style="list-style-type: none"> <li>• Is not always available</li> </ul>	<ul style="list-style-type: none"> <li>• Has quality concerns because of self-measurement stress or selection bias</li> </ul>
<ul style="list-style-type: none"> <li>• Requires staff and patient training</li> </ul>	<ul style="list-style-type: none"> <li>• Requires some training of staff and patients to follow guidelines</li> </ul>
<ul style="list-style-type: none"> <li>• Can be uncomfortable if used over a long period</li> </ul>	<ul style="list-style-type: none"> <li>• Does not reflect the impact of daily activities on blood pressure (e.g. work stress)</li> </ul>
<ul style="list-style-type: none"> <li>• May disturb sleep</li> </ul>	<ul style="list-style-type: none"> <li>• Cannot be used by individuals with cognitive or physical disabilities</li> </ul>