What Is the Best Time of Day to Take Your Blood Pressure?

Taking your blood pressure daily can be great way to monitor your health. If you're planning to start monitoring at home, it's important to be as accurate as possible. One of the best ways to get an accurate blood pressure reading is to **measure at the same time each day**. The right time of day will depend on you and your schedule.

When should you check your blood pressure?

Since your blood pressure changes throughout the day, it's a good idea to take it at least twice. Taking your blood pressure multiple times throughout the day ensures you're getting an accurate reading.

Choosing times that work for you

The best times of day to take your blood pressure depend on you and your daily routine. It's important to pick times that you can stick to every day.

Taking your blood pressure at the same time each day is key to understanding your blood pressure. It can help make sure that the readings you take aren't affected by the events of your day.

You can select times when you know you'll be home and are unlikely to be interrupted. For example, you could check your blood pressure before you leave for work, when you get home from work, and before bed.

Factors that can affect your readings

There are a few general rules to be aware of when it comes to timing your blood pressure reading.

For example**, it's not a good idea to take your blood pressure immediately after you wake up**, as this may not give you the most accurate reading. Instead, aim to check it when you've been up for about half an hour.

It's also best not to wait until after breakfast and your morning coffee since both food and caffeine can raise your blood pressure. Ideally, a morning blood pressure can be taken after you brush your teeth, shower, and get dressed but before you eat or leave for work.

Food and caffeine aren't the only things that can cause your blood pressure to spike. There are several other everyday things that can make your blood pressure rise.

No matter what time of day you take your blood pressure, it's best to avoid these things for at least half an hour before you take a reading:

- smoking or using tobacco
- exercising
- consuming alcohol

It's also a good idea to take your blood pressure with a recently emptied bladder.

From Health line article: **https://www.healthline.com/health/high-blood-pressure/best-time-to-check-blood-pressure#time-of-day**

Guidelines on taking your blood pressure at home: **https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home**

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