



microlife®

Reliable Readings with *microlife*® Blood Pressure Monitors

Everyone's blood pressure is subject to wide variations. It is influenced by physical activity, daytime and mood. During the stress and strains of everyday life, deviations of 30 mmHg within minutes are quite normal.

For this reason, persons who measure their blood pressure with a home monitor and take multiple readings can be confused by variations. While doctors are able to take solely a single reading at a certain point in time, the home monitor will indicate the normal range of deviation.

The leading specialists in the field therefore recommend that the patient perform this task him or herself by a home device. When this is done, it is important to use a medically proven instrument. All *microlife* monitors have been developed in close cooperation with doctors to ensure constant precision of readings taken by patients.

Please note the following to obtain reliable results with the lowest possible range of deviation:

1. Blood-pressure readings should not normally be taken during the stress and strains of everyday life. Take daily readings during comparable situations. For example, the range of variation in the readings will be much lower when taken 30 minutes after the evening meal and while engaged in a relaxing activity than when taken during the day. Of course, readings should occasionally be taken during the day for the purpose of establishing your personal blood-pressure profile.
2. Accustom yourself to achieving a relaxed state before taking a reading. A reading taken immediately after sitting down or e.g. in the presence of a group of people is not normally useful. Do not take readings immediately after a meal, drinking, smoking, physical activity or excitement.
3. The reading should be taken after a few minutes of relaxation in a comfortable sitting position. Apply the cuff according to the instructions.
4. After pumping up the cuff, breathe normally and do not speak. Avoid all movement and muscle tension.
5. The mean of several readings taken under comparable situations on different days is your normal blood pressure.
6. When taking several readings in succession, wait a few minutes between them.
7. When using a wrist device, make sure that it is at the same level as your heart.
8. A series of readings are often taken at the pharmacy or in a store for the purpose of comparison. Such results are rarely useful as the conditions under which they are taken are not normally acceptable. Comparative readings are useful only when made in a quiet environment and with the required intervals between individual readings. At the same time however, the readings will not normally be identical due to the normal variation in blood pressure.