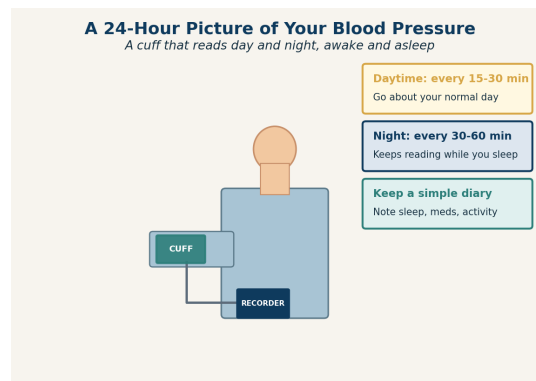


Ambulatory Blood Pressure Monitoring

The 24-Hour Test That Shows Your True Blood Pressure

A small cuff worn for 24 hours reads your blood pressure during the day and while you sleep. It gives a true picture of your real-life numbers, not just one office reading.



Online: <https://go.riasalimd.com/abpm-guide>

Rias KS Ali, MD FACC

Board Certified in Interventional Cardiology & Cardiovascular Disease

4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com

Last Updated: August 2026



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/abpm-guide>

1 of 24 | Page



Save
Contact Info

Names & Terms You Will Hear

Term	Meaning
ABPM (Ambulatory BP Monitoring)	Wearing an automatic blood pressure cuff for 24 hours. It takes many readings during the day and while you sleep, then your doctor reviews the averages. It is the reference standard for measuring blood pressure.
24-Hour BP Monitor	Another name for ABPM. The cuff and a small recorder stay on for a full day and night, so your doctor sees how your blood pressure behaves in real life, not just in the office.
Out-of-Office Monitoring	Any blood pressure reading taken outside the clinic. This includes ABPM and home monitoring. Out-of-office numbers predict heart and stroke risk better than a single office reading.
Systolic (top number)	The pressure in your arteries when the heart beats and pushes blood out. On a 24-hour average, healthy is below 130. On daytime readings, healthy is below 135.
Diastolic (bottom number)	The pressure in your arteries between beats, when the heart rests. On a 24-hour average, healthy is below 80. At night it should fall lower.
White-Coat Hypertension	Blood pressure that is high in the office but normal on ABPM. It happens because of stress around medical visits. People with white-coat HTN often do not need medicine.
Masked Hypertension	Blood pressure that looks normal in the office but is high on ABPM. This is the hidden, dangerous pattern. It raises heart and stroke risk but is missed without out-of-office monitoring.
Nighttime Dip	Blood pressure should fall during sleep, usually by 10 to 20 percent. A healthy fall is called dipping. A flat or rising overnight pattern is called non-dipping and carries higher risk.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/abpm-guide>



Save
Contact Info

Term	Meaning
Non-Dipper	A person whose blood pressure does not fall enough during sleep. Only a 24-hour monitor can find this, because it reads while you sleep. Non-dippers have a higher risk of heart and kidney problems.
Daytime / Nighttime / 24-Hour Average	ABPM gives three numbers. Each has its own target: 24-hour below 130/80, daytime below 135/85, and nighttime below 120/70. These are lower than the office cutoff.

The short version -- what ABPM is and why it is done:

1. **What:** a cuff worn 24 hours that reads day and night.
2. **Why:** a true real-life average, not one office reading.
3. **Catches:** white-coat HTN (may not need medicine) and masked HTN (important, often missed).
4. **Adds:** the nighttime dip -- BP should fall in sleep.



Visit
RiasAliMD.com

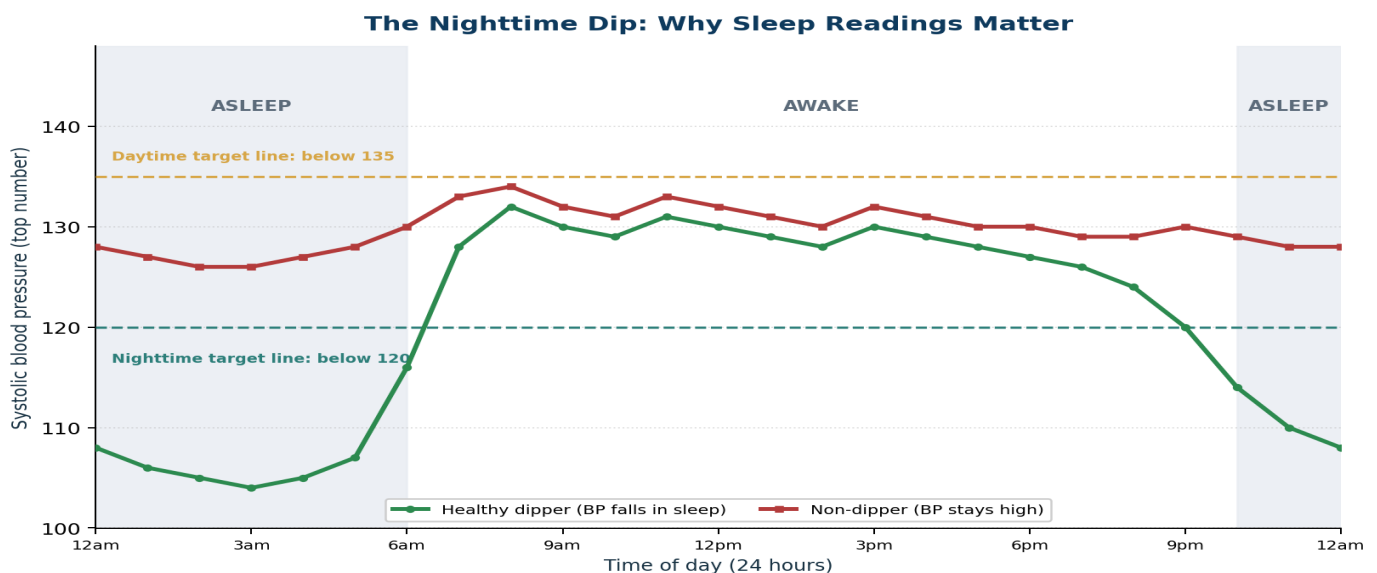
This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/abpm-guide>



Save
Contact Info

Ambulatory Blood Pressure Monitoring?

- **Ambulatory blood pressure monitoring (ABPM)** means wearing a small, automatic blood pressure cuff for 24 hours. The cuff connects to a recorder about the size of a phone that you clip to your belt or wear on a strap.
- **It reads your BP many times across the full day.** During waking hours the cuff inflates about every 15 to 30 minutes. Overnight it reads less often, about every 30 to 60 minutes, so it can measure you while you sleep.
- **The big advantage is the sleep readings.** No office visit and no home cuff can measure your blood pressure while you are asleep. ABPM is the only test that captures your overnight numbers.
- **It is the reference standard** for diagnosing high blood pressure. Because it averages dozens of readings in real life, it is more accurate than one office check and is used to settle uncertain cases.
- **It is used to catch two patterns the office misses.** White-coat hypertension (high in the office, normal in real life) and masked hypertension (normal in the office, high in real life).
- **You keep a simple diary.** You write down when you sleep, take medicine, exercise, or feel stressed. This helps your doctor read the results correctly. Otherwise you go about your normal day.



A 24-hour blood pressure trace. The green line is a healthy dipper -- blood pressure falls during sleep (shaded). The red line is a non-dipper whose pressure stays high overnight, a pattern linked to higher heart, stroke, and kidney risk. Only a 24-hour monitor can measure the sleep readings. Source: 2017 ACC/AHA guideline; Stergiou et al., Hypertension 2021.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/abpm-guide>



Save
Contact Info

Why It Matters

- **One office reading can mislead.** Blood pressure changes minute to minute. A single number taken when you are anxious or rushed may be far from your true average. ABPM averages dozens of readings instead.
- **It is the best way to confirm a new diagnosis.** The USPSTF and the 2017 ACC/AHA guideline recommend out-of-office measurement -- ABPM preferred -- to confirm high blood pressure before starting medicine.
- **It catches white-coat hypertension.** Up to 1 in 3 people told they have high BP in the office have normal readings in real life. ABPM can spare them from medicine they do not need.
- **It catches masked hypertension.** About 10 to 15 percent of adults have normal office BP but high real-life BP. This raises heart and stroke risk and is missed without out-of-office monitoring.
- **It measures the nighttime dip.** Blood pressure should fall during sleep. People whose BP stays high overnight -- non-dippers -- have a higher risk of heart attack, stroke, and kidney disease.
- **It guides treatment, not just diagnosis.** ABPM can show whether your medicine is controlling your BP across the whole day and overnight, or wearing off too soon.
- **It helps with hard-to-control BP.** When readings keep disagreeing or your BP stays high on several medicines, ABPM helps your doctor see the real pattern and decide the next step.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/abpm-guide>



Save
Contact Info

Four Blood Pressure Patterns

Defined by comparing office readings with out-of-office (ABPM) readings

OFFICE BLOOD PRESSURE			
Office NORMAL		Office HIGH	
OUT-OF-OFFICE (ABPM) BLOOD PRESSURE	ABPM HIGH	Masked Hypertension <i>HIGH risk -- often missed!</i> Usually needs treatment; ABPM finds it	Sustained Hypertension <i>High risk; needs treatment</i> Medicine plus lifestyle changes
	ABPM NORMAL	Normal Blood Pressure <i>Lowest risk; keep up prevention</i> Healthy habits; recheck as advised	White-Coat Hypertension <i>Lower risk (not 'true' high BP)</i> Often no medicine; keep monitoring

Four blood pressure patterns defined by comparing office readings with out-of-office (ABPM) readings. White-coat HTN (high office, normal ABPM) often needs no medicine. Masked HTN (normal office, high ABPM) is the hidden, dangerous pattern -- ABPM is the test that reveals it. Source: 2017 ACC/AHA guideline; AHA 2019 SMBP statement.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
 4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
 Online: <https://go.riasalimd.com/abpm-guide>



Save
Contact Info

White-Coat vs. Masked High Blood Pressure

- **White-coat hypertension** is high blood pressure in the office but normal on the 24-hour monitor. It happens because a medical visit triggers a stress response, even in people who feel calm.
- It is common -- up to 1 in 3 people told they have high BP in the office turn out to be normal in real life. Many of them do not need blood pressure medicine at all.
- **Masked hypertension** is the opposite and more dangerous: normal in the office but high on the 24-hour monitor. Office readings miss it completely.
- Masked HTN raises the risk of heart attack and stroke almost as much as sustained high BP. It is found in about 10 to 15 percent of adults, and more often in people with diabetes or kidney disease.
- **Only out-of-office monitoring tells them apart.** ABPM is the reference standard for this because it measures you across a whole real-life day, including sleep.
- If your office and real-life readings keep disagreeing, ask Dr. Ali whether a 24-hour monitor would clear up the picture before any treatment decision.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/abpm-guide>



Save
Contact Info

Risk Factors

Some patients are more likely to develop this condition. Knowing your risk helps your care team take extra precautions.

Risk Factor	Why It Increases Risk
Office and home readings disagree	When your office BP is high but your home readings look fine -- or the reverse -- ABPM settles it. It is the test that tells white-coat from masked hypertension.
A new high reading before starting medicine	Guidelines advise confirming a new diagnosis with out-of-office measurement first. ABPM is the preferred way to confirm before committing to lifelong treatment.
Blood pressure that stays high on treatment	If your BP remains high on three or more medicines, ABPM checks whether the high numbers are real and whether they persist overnight. See our resistant hypertension guide.
Diabetes or kidney disease	These conditions raise the chance of masked hypertension and of a missing nighttime dip. Out-of-office monitoring is especially useful here.
Symptoms that suggest BP swings	Dizziness, fainting, or fast-changing readings may reflect big swings in BP across the day. ABPM records the whole pattern, not just snapshots.
Pregnancy with blood pressure concerns	ABPM can help tell true high blood pressure from white-coat effect during pregnancy, which matters for both mother and baby. Your doctor decides if it is appropriate.
Checking a suspected nighttime problem	When sleep apnea or a non-dipping pattern is suspected, only a 24-hour monitor can measure your overnight blood pressure directly.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/abpm-guide>



Save
Contact Info

Treatment Options

- **The visit to place the monitor is quick.** A nurse measures your arm, fits a validated cuff, and connects it to the recorder. They check that the first reading is accurate before you leave.
- **Wear it for a full 24 hours.** Go about your normal day -- work, chores, errands. The cuff inflates on its own about every 15 to 30 minutes while you are awake.
- **Hold your arm still during each reading.** When the cuff starts to inflate, stop moving, let your arm hang relaxed and still, and do not talk. Movement can cause an error reading.
- **It keeps working while you sleep.** Overnight the cuff reads less often, about every 30 to 60 minutes. Sleep as usual. Some readings may briefly wake you -- that is expected.
- **Keep a simple diary.** Note when you go to bed and wake up, when you take medicine, and times of exercise, meals, or stress. This helps your doctor read the results correctly.
- **A few rules during the test.** Keep the cuff on your bare upper arm, do not get the recorder wet (no shower or bath), and take your medicines exactly as you normally do unless told otherwise.
- **Return the monitor as scheduled.** The next day you bring the device and your diary back. The recorder is downloaded and your doctor reviews the 24-hour, daytime, and nighttime averages and your dip.
- **The result guides the plan.** ABPM may confirm you need treatment, show that you do not, or reveal a hidden pattern. Your doctor explains what your three averages and your nighttime dip mean for you.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/abpm-guide>



Save
Contact Info

Out-of-Office Targets: Each Average Has Its Own Number (and All Are Lower Than the Office Cutoff)

Which Average	Healthy (below)	What It Tells You
24-hour average	130/80	Your overall blood pressure across the whole day and night
Daytime (awake) average	135/85	Your blood pressure during normal waking activity
Nighttime (asleep) average	120/70	Your sleep blood pressure; should be the lowest of the three
Office cutoff (for comparison)	130/80	A single clinic reading; out-of-office averages are read against the numbers above

During your 24 hours, remember:

Hold your arm still and quiet when the cuff inflates.

Keep the recorder dry -- no shower or bath.

Keep a simple diary: sleep times, medicines, exercise, stress.

Otherwise, live a completely normal day.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/abpm-guide>



Save
Contact Info

Comfort Measures at Home (No Medication Needed)

These simple steps support healing and ease symptoms. Use them alongside any medication your doctor prescribes.

- Wear a loose, short-sleeved shirt or one with sleeves that roll up easily so the cuff sits on bare skin and is easy to position.
- When you feel the cuff start to inflate, stop and relax your arm at your side. Holding still is the single best thing you can do for accurate readings.
- Carry on with your normal routine. The test only works if it captures a typical day -- do not rest more or less than usual or skip your usual activities.
- Keep the recorder dry. Skip the shower or bath for the 24 hours, and protect the device from rain.
- If a reading is uncomfortable, the cuff releases on its own within about a minute. You can usually take it again with the button if needed.
- Sleep on your back or your side away from the cuff arm if you can, so a nighttime reading is less likely to wake you.
- Write entries in your diary as they happen rather than from memory at the end of the day -- short notes are enough.
- Take your blood pressure medicines on your normal schedule during the test unless your doctor gives you different instructions.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/abpm-guide>



Save
Contact Info

Risks, Benefits, and Alternatives

Every choice has trade-offs. Use this table to start the shared decision conversation.

Option	Risks	Benefits	Alternatives
Ambulatory BP monitor (ABPM)	Cuff inflations can be uncomfortable and may briefly wake you at night. Bulky to wear for a day. Must be ordered by a doctor; coverage varies but it is often covered when indicated.	Reference-standard accuracy. The only test that measures sleep BP and the nighttime dip. Best test to confirm a new diagnosis and to tell white-coat from masked hypertension.	Home monitoring over 7 days when ABPM is not available or not tolerated. Repeated careful office readings as a weaker fallback.
Home blood pressure monitoring	Depends on correct technique. Does not capture sleep readings or the nighttime dip. Needs a validated upper-arm cuff and a consistent routine.	Easy, low cost, and repeatable over many days. Good for ongoing follow-up and for tracking whether treatment is working between visits. Recommended for most treated patients.	ABPM for the full picture including sleep. Office readings if no home device is available.
Office readings only	Misses white-coat and masked hypertension. A single reading can be high from anxiety or low by chance, leading to over- or under-treatment.	No equipment or effort needed by the patient. Useful as part of a visit and for spotting very high readings that need urgent action.	ABPM or home monitoring to confirm the diagnosis and guide treatment -- both are more accurate than the office alone.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/abpm-guide>



Save
Contact Info

Option	Risks	Benefits	Alternatives
No monitoring at all	High blood pressure usually has no symptoms. Going unmonitored means damage to the heart, brain, kidneys, and eyes can build silently for years.	None meaningful. Avoiding monitoring avoids only minor cost and effort while accepting real risk.	Any monitoring is better than none -- start with home readings and ask about ABPM if results are unclear.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
 4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
 Online: <https://go.riasalimd.com/abpm-guide>



Save
Contact Info

Common Misconceptions

Myth	Reality
"One high reading in the office means I have high blood pressure."	Not always. One office reading can be raised by stress -- the white-coat effect. Up to 1 in 3 people labeled high in the office are normal in real life. ABPM is the test that confirms or clears the diagnosis before starting medicine.
"My office reading is normal, so my blood pressure must be fine."	This misses masked hypertension. About 10 to 15 percent of adults look normal in the office but are high in real life. It carries nearly the same risk as sustained high BP. Only out-of-office monitoring finds it.
"Home monitoring and ABPM are the same thing."	They overlap but differ. Both measure you outside the office. ABPM is the reference standard and is the only one that reads while you sleep. Home monitoring is easier for day-to-day follow-up but cannot capture the nighttime dip.
"It does not matter what my blood pressure does at night."	It matters a great deal. Blood pressure should fall during sleep. People whose BP stays high overnight -- non-dippers -- have higher heart, stroke, and kidney risk. ABPM is the only way to see this pattern.
"The 24-hour numbers use the same cutoffs as the office."	No -- the out-of-office targets are lower. A 24-hour average uses below 130/80, daytime below 135/85, and nighttime below 120/70. Using the office cutoff on these averages would miss real high BP.
"Wearing the monitor will ruin my day."	Most people manage fine. You keep your normal routine. The cuff inflates for under a minute at a time. The main inconvenience is a few brief wakings at night, which is a small price for the most accurate result.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/abpm-guide>



Save
Contact Info

Myth	Reality
"If the test is normal, I never need to check my BP again."	Blood pressure changes over time with age, weight, and health. A normal ABPM is reassuring now, but you should still have it rechecked as your doctor advises and keep up healthy habits.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
 4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
 Online: <https://go.riasalimd.com/abpm-guide>



Save
Contact Info

Possible Complications

Knowing what can go wrong helps you spot problems early. Most complications are uncommon, especially with treatment.

Where / What	What Can Happen
Heart attack	Blood pressure that stays high in real life -- especially masked or non-dipping patterns the office misses -- damages coronary arteries over years. ABPM helps find this risk early so it can be treated.
Stroke	High pressure can rupture a brain artery or speed clot formation in narrowed arteries. A missing nighttime dip is linked to higher stroke risk. Confirming and treating real high BP lowers that risk.
Heart failure	The heart muscle thickens fighting chronic high pressure, then stiffens and cannot fill or pump normally. Accurate out-of-office numbers help control BP before this damage sets in.
Kidney damage	High pressure scars the tiny kidney filters. Masked and nighttime hypertension are closely tied to kidney harm, which is why ABPM matters in people with diabetes or kidney disease.
Damage missed by office readings	The real danger of masked and non-dipping hypertension is that office checks look fine while harm builds silently. ABPM is the test that brings this hidden risk to light.
Overtreatment from white-coat effect	On the other side, treating a white-coat reading as true high BP can cause dizziness, falls, and unnecessary medicine. ABPM prevents this by showing the real-life average.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/abpm-guide>



Save
Contact Info

The Nighttime Dip: Why Sleep Readings Matter

- **Blood pressure normally falls during sleep**, usually by 10 to 20 percent below your daytime level. This healthy fall is called dipping.
- A 24-hour monitor is the only test that can measure this. No office visit and no home cuff reads your blood pressure while you are asleep.
- **A non-dipper** is someone whose blood pressure stays high overnight instead of falling. A reverse dipper is even higher at night than by day.
- Non-dipping is linked to a higher risk of heart attack, stroke, heart failure, and kidney disease -- even when daytime readings look acceptable.
- Some causes of non-dipping can be treated, such as sleep apnea, too much salt, kidney disease, or medicine timing. Finding the pattern is the first step.
- If your monitor shows a missing nighttime dip, Dr. Ali may look for a cause and may adjust when you take your medicines to improve overnight control.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/abpm-guide>



Save
Contact Info

ABPM vs. Home Monitoring: When Each Is Used

- **Both are out-of-office measurements** and both beat a single office reading. They work together rather than competing.
- **ABPM is the reference standard.** It is the most accurate and the only one that captures sleep readings and the nighttime dip. It is best for confirming a new diagnosis and for sorting out white-coat from masked hypertension.
- **Home monitoring is easier for the long run.** A validated upper-arm cuff lets you check yourself over many days, weeks, and months. It is ideal for ongoing follow-up and for seeing whether treatment is working.
- **A common path:** ABPM (or a careful home week) confirms the diagnosis, then home monitoring tracks your numbers between visits. ABPM is repeated if questions come up again.
- Home monitoring cannot replace the sleep data from ABPM. If your doctor needs to know what happens overnight, only the 24-hour monitor can answer that.
- See our companion [Home BP Monitoring](#) guide for the step-by-step technique that makes home readings accurate.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/abpm-guide>



Save
Contact Info

Points to Know

If you remember nothing else, remember these key points.

- ABPM is a cuff worn for 24 hours that reads your blood pressure during the day AND while you sleep -- a true picture of real life, not one office reading.
- It is the reference standard for diagnosing high blood pressure and the best way to confirm a new diagnosis before starting medicine.
- It catches two patterns the office misses: white-coat HTN (high in office, normal in real life -- may not need medicine) and masked HTN (normal in office, high in real life -- important and often missed).
- It measures the nighttime dip. BP should fall during sleep; a flat or rising overnight pattern (non-dipping) carries higher risk.
- Each average has its own target, all lower than the office cutoff: 24-hour below 130/80, daytime below 135/85, nighttime below 120/70.
- During the test: hold your arm still and quiet when the cuff inflates, keep the recorder dry, keep a simple diary, and otherwise live your normal day.
- ABPM and home monitoring are both out-of-office. ABPM is the gold standard and adds sleep data; home monitoring is easier for day-to-day follow-up.
- Bring questions to Dr. Ali about your three averages and your nighttime dip -- they decide whether you need treatment and how much.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/abpm-guide>



Save
Contact Info

When to Call Us - and When to Call 911

If you are not sure, call. We would rather hear from you twice than miss a real problem.

- **Call 911 right away** if a reading is 180 systolic or higher OR 120 diastolic or higher AND you have chest pain or pressure, shortness of breath, a sudden severe headache, vision change, confusion, or weakness or numbness on one side. This is an emergency -- do not drive yourself.
- **Do not stop the test for one high reading** if you feel well. A single high number during ABPM is expected and is part of the average. Keep wearing the monitor and note how you feel in the diary.
- **Call our office (727-943-5200)** during the test if the cuff stops working, falls off, or causes arm pain, numbness, or skin color change that does not ease between readings.
- **Call us** after the test if you feel dizzy, lightheaded, or faint, especially when standing. This can mean your blood pressure is running low and a medicine may need adjusting.
- **Call us** to go over your results if you have not heard back within the time your office promised. Your 24-hour, daytime, and nighttime averages guide whether and how to treat.
- **See our companion guides:** [High Blood Pressure \(htn-guide\)](#), [Home BP Monitoring \(home-bp-guide\)](#), [Resistant Hypertension \(resistant-htn-guide\)](#), [Secondary Hypertension \(secondary-htn-guide\)](#), and [Hypertensive Emergencies \(htn-emergency-guide\)](#).

Office: (727) 943-5200

See also: companion guides.

[High Blood Pressure](#) · [Home BP Monitoring](#) · [Resistant Hypertension](#) · [Secondary Hypertension](#) · [Hypertensive Emergencies](#)



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/abpm-guide>



Save
Contact Info

Trusted Resources

The links below are the trusted resources Dr. Ali used to write this guide and that he recommends you visit for more information. Each is a clickable link in the digital version and a Short.io tracked URL on the printed version.

- [AHA — Monitoring Your Blood Pressure \(Out-of-Office\)](#) - AHA patient guide on out-of-office monitoring, device choice, and what your readings mean.
- [Cleveland Clinic — Ambulatory Blood Pressure Monitoring](#) - Patient walkthrough of wearing the 24-hour monitor, the diary, and daytime, nighttime, and dipping patterns.
- [Mayo Clinic — Ambulatory and Home BP Monitoring](#) - Mayo Clinic guide to what to expect during the test and how out-of-office readings guide diagnosis and treatment.
- [USPSTF — High Blood Pressure Screening in Adults \(2021\)](#) - Recommends confirming high office BP with out-of-office measurement (ABPM preferred) before diagnosing hypertension.
- [AHA/ACC 2017 Hypertension Guideline](#) - Source of the 24-hour, daytime, and nighttime ABPM targets and the role of ABPM in white-coat and masked hypertension.
- [AHA 2019 Statement on Self-Measured BP Monitoring](#) - Evidence review on out-of-office monitoring and detecting white-coat and masked hypertension.
- [ValidateBP.org — Validated Device Registry](#) - Searchable list of clinically validated BP devices -- useful for the home cuff you use between ABPM tests.
- [NIH MedlinePlus — High Blood Pressure](#) - Federal patient resource with basics, video explainers, and Spanish-language materials.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/abpm-guide>



Save
Contact Info

Sources Used to Build This Guide

Every recommendation in this guide is grounded in one or more of the studies, guidelines, or trusted resources below. Short links are tracked so Dr. Ali can see which references patients are reading; nothing personally identifying is captured.

- [American Heart Association — Monitoring Your Blood Pressure at Home / Out-of-Office Monitoring](#) [Patient Education]
Frames out-of-office (ambulatory and home) monitoring as the way to confirm diagnosis and detect white-coat and masked hypertension.
- [Cleveland Clinic — Ambulatory Blood Pressure Monitoring](#) [Patient Education]
Patient-facing walkthrough of wearing the cuff for 24 hours, daytime/nighttime readings, the diary, and dipping patterns.
- [Mayo Clinic — Ambulatory and Home Blood Pressure Monitoring](#) [Patient Education]
Plain-language description of what to expect during a 24-hour study and how out-of-office readings guide diagnosis and treatment.
- [U.S. Preventive Services Task Force — Hypertension in Adults: Screening \(2021\)](#) [Guideline]
Authoritative basis for using out-of-office (ambulatory preferred, or home) measurement to confirm a high-BP diagnosis before starting treatment.
- [2017 ACC/AHA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults](#) [Guideline]
Source of the ABPM 24-hour (130/80), daytime (135/85), and nighttime (120/70) average thresholds and the role of ABPM in white-coat and masked hypertension.
- [Rationale for Ambulatory and Home BP Monitoring Thresholds in the 2017 ACC/AHA Guideline \(Hypertension 2019\)](#) [Journal]
Explains how the corresponding out-of-office thresholds (24-h, daytime, nighttime) were derived to match the office cutoff of 130/80.
- [AHA 2019 Scientific Statement on Self-Measured Blood Pressure Monitoring](#) [Guideline]
Evidence review supporting out-of-office monitoring, white-coat and masked HTN detection, and how ABPM and home monitoring complement each other.
- [Stergiou et al. — Ambulatory Blood Pressure Monitoring Review \(Hypertension 2021\)](#) [Journal]
Defines ABPM as the reference standard, describes the nighttime dipping pattern, and defines the white-coat and masked HTN phenotypes.
- [NIH MedlinePlus — High Blood Pressure](#) [Patient Education]
Federal plain-language patient resource with basics, video explainers, and Spanish-language materials.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/abpm-guide>



Save
Contact Info

About This Guide

Rias KS Ali, MD FACC | Board Certified in Interventional Cardiology & Cardiovascular Disease

4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com

Version: 2026-08-15

Reviewer note: Reviewed AHA out-of-office monitoring page, Cleveland Clinic and Mayo Clinic ABPM pages, the USPSTF screening recommendation, and the 2017 ACC/AHA guideline. This guide adds: a 24-hour dipper vs non-dipper trace; the white-coat/masked/sustained/normal 2x2 grid built around ABPM; a tinted table of the separate 24-hour, daytime, and nighttime targets; and a plain comparison of ABPM vs home monitoring.

Disclaimer

This guide is for educational purposes only and does not replace medical advice from your physician. Recommendations may not apply to every patient. Always follow the specific instructions of Dr. Ali and your care team. In an emergency call 911 or go to the nearest emergency department.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/abpm-guide>



Save
Contact Info

Take This Guide With You



Scan or visit: go.riasalimd.com/abpm-guide

Online: <https://go.riasalimd.com/abpm-guide>

Office: (727) 943-5200

4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/abpm-guide>



Save
Contact Info