

How to Take Your Blood Pressure at Home

Monitoring your blood pressure is an important part of caring for your health, as high blood pressure can signal risk of heart failure, stroke, or kidney disease. Follow these steps for accurate readings:



1 Pick the Right Monitor

The American Heart Association recommends that you should buy a monitor that is:

- Automatic
- Arm cuff-style
- Fits the upper arm (bicep)
- Not a finger or wrist monitor
- Digital (preferred to an aneroid monitor)

2 Sit Still

- Do not smoke, consume caffeine, or exercise within 30 minutes of reading blood pressure to steady the heart.
- Make time to sit quietly for five minutes before the reading.

3 Take Blood Pressure on Bare Arm

Always measure blood pressure on a bare arm as doing it over clothing may affect accuracy.

4 Have Proper Posture

- Keep feet flat on the floor and the back straight.
- Have legs uncrossed.
- Use a table to support the arm on which the reading is being taken on.
- Ensure the upper arm is at heart level.



5 Take Reading at Routine Times

Take blood pressure at the same time each day.

6 Record Your Reading

- Take at least two or three readings at intervals one minute apart.
- Record each reading on a blood pressure log to track how your blood pressure is reading daily/over time.