

Measurement method	SBP (mmHg)		DBP (mmHg)
Office BP measurement	$\geq 140$	and/or	$\geq 90$
HBPM	$\geq 135$	and/or	$\geq 85$
ABPM			
Average of daytime BP	$\geq 135$	and/or	$\geq 85$
Average of nighttime BP	$\geq 120$	and/or	$\geq 70$
Average of BP in a day	$\geq 130$	and/or	$\geq 80$

*SBP = systolic blood pressure, DBP = diastolic blood pressure, HBPM = home blood pressure monitoring,*

*ABPM = ambulatory blood pressure monitoring*

# Methods Hypertension

**Camilla Rothe**



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