



## Hypertension: Morning vs Evening Blood Pressure Changes

Blood pressure naturally fluctuates throughout the day. Morning surges and nighttime patterns provide important risk information. Many people only measure BP in clinics and miss these variations. Understanding daily rhythm improves treatment precision.

Cortisol rises in the early morning to prepare the body for waking. This hormone surge increases blood pressure and heart rate. In healthy patterns, BP falls again at night; failure to “dip” overnight increases stroke and heart attack risk.

Lab and home-monitoring trends often show normal office readings but elevated morning or nighttime pressures. These hidden patterns are linked to higher cardiovascular risk despite average readings appearing controlled.

Identifying timing patterns allows lifestyle or medication adjustments that better protect blood vessels and organs.

### 01 Is This Your Story?

A 60-year-old has normal clinic BP but suffers morning headaches. Home readings reveal high early-morning blood pressure. When evening salt intake is reduced, sleep improves, and medication timing is adjusted, morning readings normalize and headaches disappear. Follow-up shows reduced cardiac strain risk.

### 02 Try This Today

**Measure:** Take BP once in the morning and once in the evening for 7 days.

**Do:** Compare readings and note patterns.

**Reflect:** Ask whether your blood pressure risk lies in timing, not just average numbers.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

