



Blood Pressure: What May Affect Today's Reading?™

Before worrying about one unexpected number, check the circumstances and repeat the reading correctly.



These factors may influence a reading, but they do not automatically explain it. Record what happened and share repeated or concerning results with your healthcare provider.

1

In the Past 30 Minutes



- ☐ Caffeine
- ☐ Smoking or vaping
- ☐ Exercise or rushing
- ☐ A meal or alcohol

2



While You Measured

- ☐ Talking or using your phone
- ☐ Legs crossed
- ☐ Feet not flat
- ☐ Arm unsupported or below heart level

3

The Cuff & Monitor



- ☐ Cuff placed over clothing
- ☐ Cuff too small or too large
- ☐ Cuff loose or incorrectly positioned
- ☐ Monitor or batteries may need checking

4



How Your Body Felt

- ☐ Full bladder
- ☐ Pain or illness
- ☐ Feeling cold
- ☐ Poor sleep or unusual fatigue

5

Stress & Emotions



- ☐ Feeling rushed
- ☐ Anxiety or strong emotion
- ☐ A stressful conversation or event
- ☐ Worry about the reading itself

6



Medication & Timing

- ☐ Blood pressure medication timing
- ☐ Missed or changed medication
- ☐ Decongestant or stimulant use
- ☐ A new medicine or supplement



What to Do Next

- ① Sit quietly for at least 5 minutes.
- ② Correct your position and cuff placement.
- ③ Take two readings at least 1 minute apart.
- ④ Record both results and any context.

Today's Context

Reading 1: ____ / ____ Reading 2: ____ / ____ Time: ____

What may have affected it? _____

What I want to remember or ask: _____



Very High Reading

If a reading is higher than 180/120 mm Hg, wait at least 1 minute and check again. If it stays that high, contact your healthcare professional. Call 911 if it occurs with chest pain, shortness of breath, weakness, numbness, vision changes or difficulty speaking.



Gentle Reminder

Do not use a possible influence as a reason to ignore a repeated high reading. Patterns deserve attention.



Martine's Midlife Wellness Tip

Make a small blood pressure station with your monitor, log and a supportive chair. A consistent setup removes some of the guesswork.