



How to Check Blood Pressure at Home

Quick guide for a more accurate home reading

A blood pressure higher than 180/120 mm Hg can require urgent attention. If a reading in that range occurs with chest pain, shortness of breath, back pain, numbness, weakness, vision changes, or difficulty speaking, call 911.

1. Use the right equipment

Use a validated automatic upper-arm monitor and a cuff that fits your arm correctly. Wrist and finger devices are generally less reliable.

2. Prepare

For at least 30 minutes before measuring, avoid smoking, caffeine, and exercise. Empty your bladder. Sit quietly for at least 5 minutes.

3. Sit correctly

Sit in a chair with your back supported. Keep both feet flat on the floor and your legs uncrossed.

4. Position your arm

Rest your arm on a flat surface so the middle of the cuff is at heart level. Put the cuff on bare skin, not over clothing.

5. Stay quiet

Relax and do not talk, text, or move during the measurement.

6. Record the result

Write down the date, time, systolic number, diastolic number, pulse if shown, and any notes. Follow your healthcare professional's instructions about repeat readings.

7. Share your log

Bring your readings and, when requested, your home monitor to healthcare visits.

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