

Blood Pressure Tracker

- **Smoking: cessation improves vessel flexibility and reduces risk**
- **Stress: chronic stress raises BP — sleep, meditation, and exercise help**
- **Sleep: 7–9 hours per night; untreated sleep apnea elevates BP significantly**

QUESTIONS FOR MY DOCTOR

- What is my target blood pressure given my specific situation?
- Should I measure at home, and if so how often?
- Are any of my current medications raising my blood pressure?
- At what reading should I call you or go to urgent care?
- Should I be on a home monitor — and which type do you recommend?