

Blood Pressure Monitoring Device Guidelines

Schedule and Usage:

- You'll wear the monitor for a total of 24 hours.
- The device will automatically take readings every 30 minutes between 8:00 AM and 10:00 PM, and every hour between 10:00 PM and 8:00 AM.
- Before bedtime, press the “day/night” button to indicate that you're going to bed.

Blood Pressure Reading:

- The device will beep before and after a reading is taken during the day but won't beep at night.
- Relax and avoid talking when the device takes a measurement.
- Readings typically take 30 seconds to 1 minute.
- If there's an error and the device can't get a reading, it will retry automatically.



Comfort and Maintenance:

- Adjust the cuff if your skin becomes irritated.
- Keep the cord tangle-free and avoid placing pressure on it (e.g., sitting on it, under your pillow, leaning against a counter).
- Tip: When asleep, it's helpful to lay the cord flat against your chest.
- If the cord gets in your way, you can place it behind your neck.

Water Contact and Breaks:

- Try your best to keep the device away from water.
- If you splash it with water, for example after washing your hands and grabbing a towel, that's okay!
- Do not wear the device in the shower, while taking a bath, or swimming.
- It's okay to take breaks between measurements, but try to put it back on before the next blood pressure reading.

Additional Information:

- There's a designated button for medication input.

Contact Information:

- For any questions or concerns, contact us at lealabteam@umich.edu