



EN

# Blood Pressure measurement



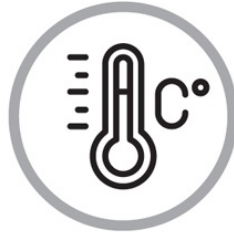
European  
Society of  
Hypertension



**NO SMOKING,  
CAFFEINE, FOOD,  
EXERCISE 30MIN  
BEFORE**



**QUIET  
ROOM**



**COMFORTABLE  
TEMPERATURE**



**3-5 MIN  
REST**



**NO TALKING  
DURING OR  
BETWEEN  
MEASUREMENTS**

