**Ambulatory Blood Pressure Monitor (ABPM)**

**Participant Checklist**

* Please try to wear the cuff for the full 26 hour period. However, please remove the cuff when driving or taking a bath or shower. Please do not submerge the cuff under water.
* Observe how the cuff is positioned on your arm in case you need to remove during the 26-hour period. When you put it back on, please try to return it to the same position.
* When sleeping, it may be helpful to put the device under your pillow.
* Write down your sleep and wake time on your log.
* At the end of the monitoring period (before taking the batteries out), press the action button on the monitor to obtain 1 last measurement.
* Complete the questionnaire on the log related to the measurement period.
* Remove batteries before placing monitor in the return package.
* For mailing, please include the monitor, cuff, "Participant ABPM Experience Form", and "ABPM Activity Log" in the return package.