**Talking points about ABPM**

1. ABPM is the only valid way to know if you have high or low BP at night

2. High BP at night causes increased urination at night, which can lead to falls; ABPM can help you understand a cause of nocturia

3. ABPM provides one of the best measurements of what your blood pressure is doing at home

4. ABPM can tell if you have BP dropping after meals (a condition called postprandial hypotension)

5. ABPM can show if blood pressure medications are too high or wearing off too soon

6. ABPM has a Grade A recommendation by the US Preventive Service Task Force for confirmation of hypertension, but most people never have one performed

7. ABPM can show if you are having blood pressure that are too high during the day, but missed by a clinic blood pressure