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## 24-hour blood pressure monitoring

**Blood pressure monitoring is the recording of blood pressure around the clock. For this, a cuff, connected to a portable blood pressure meter, will be placed on the upper arm.**

The test allows for the detection of the early stages of (undetected) blood pressure disease, to assess the rhythm of blood pressure over a 24 hour period, to specify the severity of blood pressure disease, to prescribe treatment and to verify its effectiveness. The device measures blood pressure every 30 minutes in the daytime and once per hour at night, also recording the heart rate at the same time. The test can be conducted on both an outpatient basis as well as in the hospital.