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dent of daytime blood pressure BP. However it can usually be detected by 24 h ambulatory BP monitoring rather than routine office or home BP measurement thus is often underdiagnosed in clinical practice

Currently no specific guidance is available for the management of nocturnal hypertension in China or worldwide Dec 21 2023 Nocturnal hypertension is highly prevalent among Chinese and Asian populations which is mainly attributed to high salt intake and high salt sensitivity. Nocturnal hypertension increases the risk of cardiovascular and all cause mortality independent of daytime blood pressure BP

However it can usually be detected by 24 h ambulatory BP monitoring rather than routine office or home BP Sep 1 2024 This preference for office BP is also reflected in the Philippine guidelines but this guideline also recommends out of office BP OOBP measurements to confirm the diagnosis of hypertension with ambulatory blood pressure monitoring ABPM as the preferred method and home blood pressure monitoring HBPM as an acceptable alternative [5] Key aspects of the guidelines A core concept of the CHL hypertension guidelines 2024 is the prevention and treatment of hypertension according to blood pressure classification disease severity and the pathogenesis or pathophysiology of hypertension or mechanisms of blood pressure dysregulation or elevation.3 The diagnostic threshold for the definition of hypertension is still 140/90 mmHg The 2024 Chinese hypertension guidelines continue to address that the standardized accurate BP measurement is fundamental for hypertension diagnosis and management This guideline provides updated recommendations for the prevention and treatment of hypertension emphasizing evidence based approaches and practical strategies for effective management Apr 16 2025 In 2023 the European Society of Hypertension ESH defined high normal BP as 130/139–85/89 mmHg [9]

A single BP measurement is insufficient to determine BP related mortality risk

In a previous study nearly half of individuals with a BP of 130/139–85/89 mmHg progressed to hypertension within 4 years [10] Nocturnal hypertension is highly prevalent among Chinese and Asian populations which is mainly attributed to high salt intake and high salt sensitivity. Nocturnal hypertension increases the risk of cardiovascular and all cause mortality independent of daytime blood pressure BP

However it can usually be detected by 24h ambulatory BP monitoring rather than routine office or home BP Jul 1 2023 Morning hypertension has been defined as 135/85 and may result from an exaggerated surge or more commonly because of sustained nocturnal hypertension

71 In 1 study 35% had morning hypertension associated with nocturnal hypertension and 9% an exaggerated surge

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