

# **Effect of Sleep Duration on Mean Blood Pressure & Pattern Using a 24-Hour Ambulatory Monitoring**

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Ambulatory blood pressure monitoring measures the diurnal variation of blood pressure, which fluctuate considerably throughout the circadian period with a clear decrease during sleep. The exact relevance of dipping is currently under investigation and deviations from the normal accelerate development of cardiovascular diseases. This research aimed to establish the relationship of sleep duration and 24-hour BP and dipping patterns in adult Filipinos. A total of 212 adult patients who underwent ABPM at The Medical City between January and February 2014 were included in the study. Blood pressure levels and systolic & diastolic dipping patterns were correlated with sleep duration, age, BMI and work shift. It was found that longer sleep duration does not result in a more favorable systolic or diastolic blood pressure dipping but is noted to effect lower blood pressure measurements in all time periods compared to those with shorter sleep duration.