

READY TO BETTER UNDERSTAND YOUR BLOOD PRESSURE PATTERNS?



SCAN TO BOOK YOUR
COMPLIMENTARY
BLOOD PRESSURE STRATEGY CALL

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YOUR BLOOD PRESSURE IS MORE THAN ONE NUMBER

Blood pressure can change throughout the day. Meals, hydration, movement, sleep, stress, and even the way you measure it may affect the patterns you see.

Looking beyond a single reading can help you notice what may be supporting or disrupting more stable readings over time.

WHY PATTERNS MATTER

A single reading is only one moment. Tracking consistently may help you notice repeated changes and prepare better questions for your healthcare provider.



6 DAILY PATTERNS THAT MAY INFLUENCE YOUR BLOOD PRESSURE



Small daily choices can
reveal meaningful patterns.

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6 DAILY PATTERNS TO NOTICE

1. NUTRITION

What you eat, how meals are balanced, and when you eat may influence the blood pressure patterns you notice.

2. HYDRATION

Adequate hydration supports healthy circulation. Too little fluid may affect your readings, while some people need individualized fluid guidance from their healthcare provider.

3. MOVEMENT

Regular movement supports circulation. Notice how your readings respond to walking, prolonged sitting, and activity throughout the day.

4. SLEEP

Poor or inconsistent sleep may influence blood pressure. Notice whether your readings change after restful sleep, late nights, or frequent waking.

5. STRESS

Acute stress may temporarily raise blood pressure. Ongoing stress may also contribute to patterns that affect blood pressure over time. Notice how your readings respond during stressful periods and after calming practices such as prayer, quiet reflection, or slow breathing.

6. BLOOD PRESSURE MONITORING

Measure at consistent times using the same arm and proper positioning. Record your readings and relevant details to help identify patterns you can discuss with your healthcare provider.