

**Why should you record your progress in the RESPeRATE LowerPressure LogBook?**

Keeping a LogBook will help you and your doctor evaluate the effects of your RESPeRATE treatment as well as other treatments of your blood pressure.

**Remember:**

Bring your LowerPressure LogBook with you to your doctor office visits.

**How to record your progress in your LowerPressure LogBook**

Every time your blood pressure (BP) is measured, at home, or at the doctor's office, and every time you use RESPeRATE, fill the date and your numbers in the relevant fields per the example below. Here are some details:

**Home Blood Pressure:** For the next 8-12 weeks, we recommend measuring your blood pressure (BP) at home once a day, first thing you, when you get up in the morning. As BP your blood pressure fluctuates you can also measure in the evening. Also, when we say "take a measurement" we're asking you to take at least 2 consecutive readings, disregarding the first one, as it's frequently higher than the following reading. For more details see our Tracking Blood Pressure video.

**Office Blood Pressure:** Logging the BP measurements from the doctor's office is important as it's typically higher than BP measured at home (white coat syndrome). The differences will inform your physician and allow more optimal treatment regimen.

**RESPeRATE Weekly Parameters:** Each time you turn ON your RESPeRATE it momentarily displays the Therapeutic Minutes accumulated in the past 7 days and the corresponding Average Synchronization Rate. To achieve best results, accumulate at least 40 Therapeutic Minutes per week and a Synchronization Rate of 60% or more.

**LowerPressure LogBook Example:**

Date MM/DD/YY	Home BP		Office BP	RESPeRATE Weekly	
	AM	PM		Therapeutic Minutes	Synchronization Rate
08/01/23	/	/	162/97		
08/02/23	153/91	147/88		35	68
08/03/23	150/86	/	/	42	78
	/	/	/		
	/	/	/		

# LowerPressure LogBook



Fold Here



