

Prepared for **Robert M.** · Report № 4 · June 15 – July 12, 2026 · 52 readings analyzed · uploaded automatically by your monitor

Three findings this month. One is worth a conversation.

Robert, your monitor sent us 52 readings over the last four weeks. Here is what they show — in plain language, with the details on the pages that follow.

1

IMPORTANT — SHARE WITH YOUR DOCTOR

Your morning readings have moved up one category.

Over the past 13 weeks your morning average rose from **128/79** (Elevated range) to **136/82** — now in the Stage 1 hypertension range as defined by heart-health guidelines. Any single reading jumps around; this is a steady, three-month shift. See page 2 — and bring it to your next appointment.

2

MENTION AT YOUR NEXT VISIT

The monitor flagged an irregular rhythm 6 times.

6 of 52 readings carried the device's irregular-heartbeat flag — most of them in the morning. The monitor detects the pattern; only your doctor can say what it means. Repeated flags are worth mentioning. Details on page 4.

3

PATTERN TO WATCH

Mondays run higher, and readings swing more than typical.

Monday readings averaged **138 systolic** — about 7 points above the rest of the week — and your day-to-day variation (± 9 points) is wider than typical. Patterns like these are useful context for your doctor. See pages 3–4.

4-WEEK AVERAGE

132/81

mmHg, all readings

MORNING AVERAGE

136/82

27 readings, before 9 am

EVENING AVERAGE

127/80

25 readings, after 7 pm

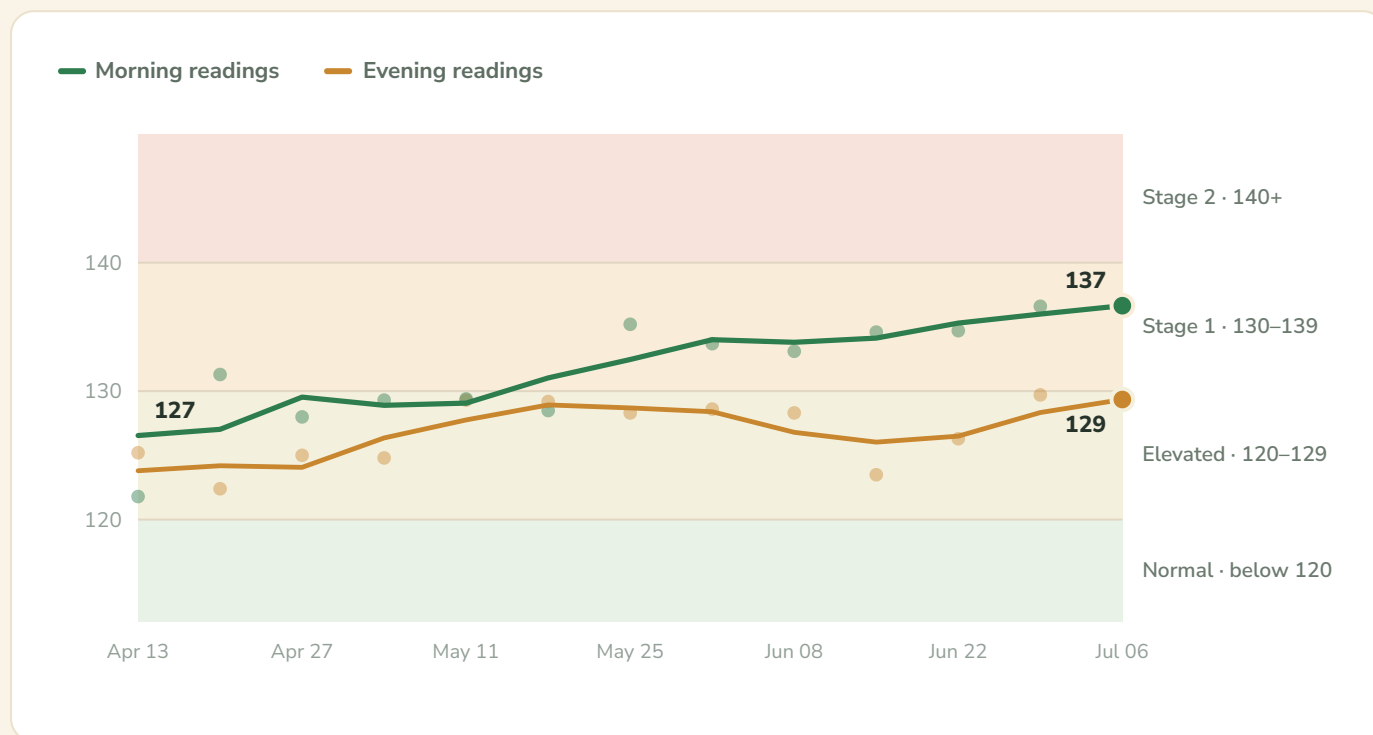
RESTING PULSE

66 bpm

steady all month

Your 13-week trend: a slow climb, one category up

Each dot is a weekly average; the solid line smooths them to show direction. The shaded bands are standard blood-pressure categories for home readings (systolic, mmHg).



MID-APRIL · MORNINGS

128/79

ELEVATED RANGE



THIS PERIOD · MORNINGS

136/82

STAGE 1 RANGE

Why you can't see this without a report: individual readings moved between 112 and 151 this quarter. The drift of about +8 points hides inside that day-to-day scatter.

What this means

Your evening readings have stayed roughly where they were in April. The change is specifically in the **mornings**: the smoothed morning line crossed from the Elevated band into the Stage 1 band in mid-June and has stayed there since. Guidelines treat a sustained home average of **130/80 or higher** as Stage 1 hypertension — a level where doctors usually want to take a closer look, not an emergency.

What to do with it: nothing dramatic — but don't sit on it. Bring this page (or the Doctor Visit Summary on page 5) to your next appointment. A three-month, 52-reading record of home measurements is exactly the evidence your doctor wishes every patient walked in with.

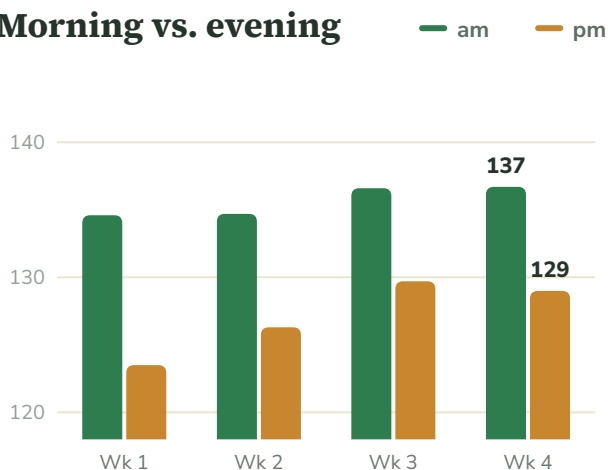
If the recent pace continued: mornings have risen ~0.9 points a week since April — at that pace the average would reach the 140 line by **mid-August**. Not a prediction, bodies aren't straight lines — but a good reason to talk this summer, not next year.

What typically happens at this stage: for home averages in the Stage 1 range, doctors weigh your overall heart-health picture — age, history, cholesterol — before choosing lifestyle changes alone or adding medication. Either way, your BPBrains history is the before-and-after.

When it happens matters: **mornings and Mondays**

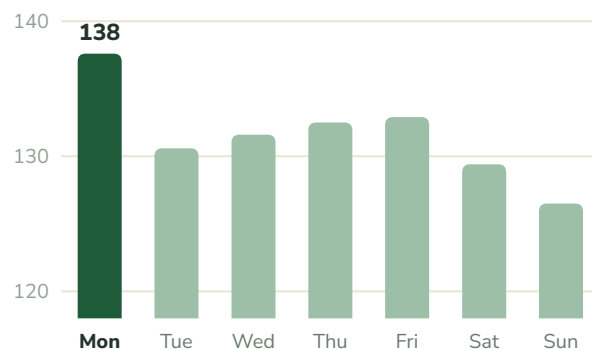
Blood pressure follows a daily rhythm — it naturally runs higher in the morning. What your doctor looks for is *how much* higher, and whether any day of the week stands out.

Morning vs. evening



Average systolic by week, June 15 – July 12.

Day of the week



Average systolic by weekday, all readings this period.

The morning gap: 9 points

Your mornings ran **136** systolic against **127** in the evenings — a gap of about 9 points, and it has been widening since spring. A pronounced morning rise is a pattern cardiologists pay real attention to, because morning hours are when the heart works hardest. It's also the main driver of Finding 1.

The Monday effect: +7 points

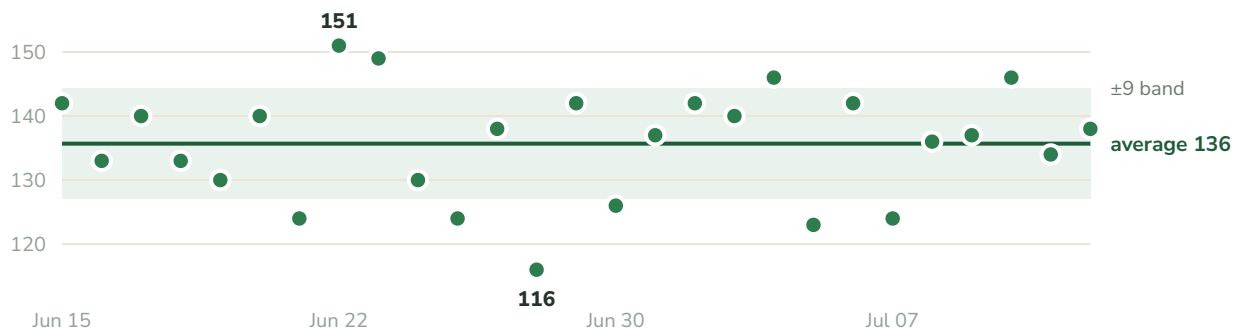
Mondays averaged **138** systolic vs. 131 across the other six days — and it repeats week after week. Common, very human causes: start-of-week stress, weekend meals saltier than usual, a glass more wine than midweek. The data can't say which — but it's a concrete, answerable question to bring up at your next visit.

Small experiment worth trying: keep Sunday dinner a little lighter on salt for the next two weeks. If the Monday bump shrinks, your next report will show it — that's the kind of before-and-after your doctor can actually use.

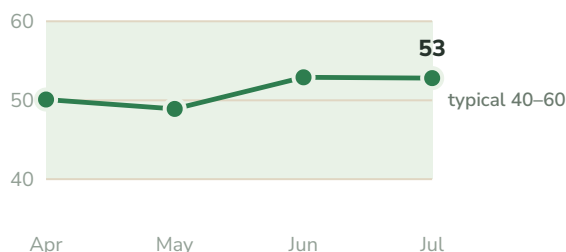
Steadiness, pulse pressure and rhythm

Beyond the averages, *how much readings move around* — and what the monitor noticed about your heartbeat — carry information of their own.

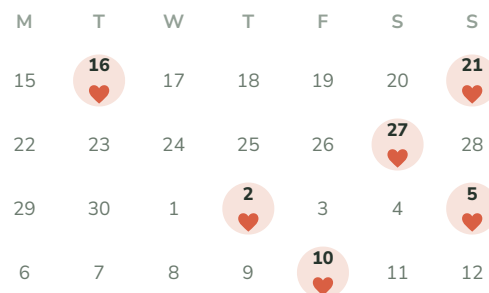
Day-to-day swing: ± 9 points (morning systolic, each dot = one day)



Pulse pressure: 53 — in the typical band



Irregular rhythm: 6 flags this period



Tue, Jun 16 · 8:34 am	133/84 · 60 bpm
Sun, Jun 21 · 8:30 am	124/77 · 57 bpm
Sat, Jun 27 · 9:27 pm	121/78 · 69 bpm
Thu, Jul 02 · 8:16 am	142/88 · 68 bpm
Sun, Jul 05 · 7:22 am	123/76 · 58 bpm
Fri, Jul 10 · 8:25 am	146/91 · 61 bpm

About those flags: the monitor detected an uneven pulse rhythm during 6 measurements — 5 of them in the morning. A flag can come from movement or from an actual rhythm disturbance; only an ECG can tell the difference. **The device recorded a pattern — it has not diagnosed anything.** Because the flags repeat, mention them at your next visit; page 5 lists them in a format your doctor can use.

Home blood-pressure summary — Robert M.

Reporting period June 15 – July 12, 2026 (52 of 56 scheduled sessions) · 13-week context Apr 13 – Jul 12 · Automated oscillometric upper-arm monitor (BPBrains BB-1, cellular upload, validated device) · Left arm, standard adult cuff (22–32 cm) · Seated after 5 min rest, self-administered; each value is the automatic average of 2 consecutive measurements 60 s apart · Morning ~07:30 pre-breakfast, evening ~20:30.

Averages — reporting period

Table with 5 columns: SYS, DIA, PULSE, N. Rows include All readings, Morning (before 9 am), Evening (after 7 pm), and Range (all).

Distribution by category (ACC/AHA)

Table with 3 columns: CATEGORY, READINGS, SHARE. Rows include Normal (<120 and <80), Elevated (120–129 and <80), Stage 1 (130–139 or 80–89), and Stage 2 (≥140 or ≥90).

Derived metrics

Table with 2 columns: Metric, Value. Rows include Morning trend, 13 wk (smoothed), Day-to-day SD, morning systolic, Morning–evening gap, systolic, Pulse pressure, morning avg, and Weekday effect (Mon vs. other days).

Irregular-rhythm flags — 13-week window

Table with 4 columns: DATE, TIME, BP, PULSE. Rows show specific readings with dates and times, including irregular-rhythm flags.

Device IHB flag (cuff-oscillometric rhythm irregularity during deflation). Not an ECG; frequency increased in the current period (6 of 52 readings).

Weekly averages — 13 weeks (sys/dia)

Table with 4 columns: WEEK, MORNING, EVENING, N. Rows show weekly average blood pressure readings from April 13 to July 12, 2026.