

# Reproducibility of morning blood pressure surge and its relation to blood pressure reactivity

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## Abstract

This study examined the stability of the morning blood pressure surge (MBPS) and its relation to blood pressure (BP) reactivity in untreated hypertensives. Thirty-six participants completed a stress task at baseline. Ambulatory BP monitoring was carried out three times on a weekday. The MBPS demonstrated small reproducibility and large coefficient of variation. The MBPS correlated with nighttime BP ( $p=0.001$ ) but not morning BP or BP reactivity. Dippers had greater MBPS than did nondippers ( $p < 0.05$ ). The MBPS provides distinct information that is different from the BP response to mental stress.

**Keywords** blood pressure reactivity, coefficient of variation, morning blood pressure surge, nocturnal dipping, reproducibility