

**AMBULATORY
BLOOD PRESSURE
MONITOR
DAILY JOURNAL**

Cohort ID

Date

If found please return to:

Sleep Cohort Study
502 N. Walnut Street
Madison, WI 53705
Phone (608) 263-0118

If you experience problems with the unit:

- First call the Sleep Lab (608) 263-0118
- If no answer, page us at (608) 265-7000.
Enter pager # 7605 followed by your call back number (phone # where you can be reached).

Possible error codes:

- TC2 ECG leads may be loose.
Check at shoulder connection point
- TC3, TC4 Microphone may be loose, arm is bent or lying on arm.
- TC5, TC6 Too much arm movement.
- TC7 BP cuff may be too loose.
Get assistance in rewrapping cuff
Check tube connection to cuff.

Remember: Most accurate readings occur if arm is kept straight and relaxed. "Pump sound" means cuff is inflating. Get arm ready by keeping it straight and relaxed on desk or table or flat at side. Clicking sound means cuff is deflating and taking the measurement. **Do not move arm.**

PLEASE PRESS START BUTTON ON UNIT

AT THE FOLLOWING EVENTS AND RECORD TIME:

LIGHTS OUT (lying down and ready for sleep) _____

AWAKE (before getting out of bed after waking up) _____

RECORD CLOCK TIME(S) WHEN OUT OF BED (after initial LIGHTS OUT during main sleep period):
