Online supplement

Title:

A TRIAL OF TWO STRATEGIES TO REDUCE NOCTURNAL BLOOD PRESSURE IN AFRICAN AMERICANS WITH CHRONIC KIDNEY DISEASE

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ABPM methods

SpaceLabs Medical Model 90217 was used. ABP monitor Arm circumference was measured to ensure use of appropriate size cuff. The monitor recorded BP every 30 minutes. Written instructions for use of the device were provided to participants. Study participants also recorded in a diary the time they went to bed, the time they awoke, nap time during the course of the day, and the time they took their antihypertensive medication(s). The ABPM session was considered adequate if the device had been worn for a continuous 24 hour period and resulted in at least 14 acceptable readings between 6:00 a.m. and 12:00 a.m., and 7 acceptable readings between midnight to 6:00 a.m. Night was defined as the period of time from midnight to 6 AM, and day was defined as the period of time from 6 AM to midnight. Nondipping was defined by a ≤ 10% decrease in mean nighttime systolic BP; reverse dipping was defined by a higher nighttime than daytime systolic BP. Masked hypertension was defined as both daytime systolic blood pressure < 140mmHg and nighttime systolic blood pressure ≥ 120 mmHg