

Supplementary Table S1. Blood pressure levels at three measurement times for each seven-day period, and the difference in blood pressure between periods (excluding regular drinkers)

Variable	Days 1–7	Days 8–14	Difference	<i>p</i> -value
Morning SBP, mmHg (n=39)	132.1 ± 12.9	130.3 ± 11.6	1.7 ± 4.5	0.021
Morning DBP, mmHg (n=39)	76.7 ± 8.4	75.8 ± 8.7	0.9 ± 3.0	0.078
Morning HR, bpm (n=39)	64.1 ± 10.4	64.2 ± 10.5	−0.1 ± 3.7	0.874
Before-dinner SBP, mmHg (n=38)	131.1 ± 14.5	127.2 ± 13.9	3.9 ± 6.8	0.001
Before-dinner DBP, mmHg (n=38)	76.3 ± 10.1	74.4 ± 9.8	1.9 ± 3.3	0.001
Before-dinner HR, bpm (n=38)	69.1 ± 10.7	69.9 ± 9.7	−0.9 ± 3.6	0.146
At-bedtime SBP, mmHg (n=36)	122.2 ± 14.3	121.1 ± 13.1	1.1 ± 6.9	0.339
At-bedtime DBP, mmHg (n=36)	70.9 ± 9.0	70.4 ± 9.5	0.5 ± 3.6	0.409
At-bedtime HR, bpm (n=36)	67.5 ± 10.1	68.3 ± 9.5	−0.7 ± 4.5	0.338

Values are the mean ± SD.

DBP; diastolic blood pressure; HR, heart rate; SBP, systolic blood pressure.

Supplementary Table S2. Reliability of home blood pressure measurement in each period (excluding regular drinkers)

Variable (Days 1–7 vs. Days 8–14)	n	ICC (1,1)		Bland-Altman analysis				LOA (mmHg)	Random error MDC (mmHg)	Repeatability coefficient	% of near maximal variability
		Intraclass correlation	95% CI	Fixed bias		Proportional bias					
				95% CI	bias	slope ^a (<i>p</i> value)	bias				
Systolic blood pressure											
Morning	39	0.926	0.864 to 0.960	0.432 to 3.055	exist	0.234 (0.152)	no-exist	–4.8 to 12.9	–	9.0	18.5
Before-dinner	38	0.854	0.738 to 0.921	1.916 to 5.894	exist	0.096 (0.565)	no-exist	–5.9 to 20.6	–	13.5	24.5
At-bedtime	36	0.873	0.767 to 0.933	–0.958 to 3.192	no-exist	0.174 (0.311)	no-exist	–	13.5	13.8	26.0
Diastolic blood pressure											
Morning	39	0.934	0.879 to 0.965	–0.00003 to 1.743	no-exist	–0.103 (0.534)	no-exist	–	5.9	6.0	17.9
Before-dinner	38	0.927	0.865 to 0.961	0.958 to 2.902	exist	0.101 (0.546)	no-exist	–2.9 to 10.2	–	6.7	17.0
At-bedtime	36	0.926	0.861 to 0.962	–0.539 to 1.533	no-exist	–0.127 (0.459)	no-exist	–	7.0	7.1	19.6

^a: Slope of regression line.

CI, confidence interval; ICC, intraclass correlation coefficient; LOA, limits of agreement; MDC, minimal detectable change.