

YOUR BLOOD PRESSURE DOESN'T SLEEP

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YOUR BLOOD PRESSURE CHANGES OVERNIGHT

10–20% the natural fall in healthy blood pressure (the “dipping pattern”)

A reduced or reversed dip = **higher** cardiovascular risk

Nocturnal BP is one of the **strongest predictors** of cardiovascular events

(2025 ESH position paper)

Sources: 2023 ESH Guidelines for the management of arterial hypertension; Parati G et al. Nocturnal blood pressure: pathophysiology, measurement and clinical implications. Position paper of the European Society of Hypertension. J Hypertens 2025;43(8):1296–1318.

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SLEEP APNOEA IS A MAJOR HIDDEN DRIVER OF HIGH BLOOD PRESSURE

70–80% of patients with treatment-resistant hypertension have obstructive sleep apnoea

Each apnoea episode triggers a **BP surge** and sympathetic activation

Treating sleep apnoea is one of the **few interventions** shown to lower nocturnal BP (2025 ESH position paper)

Sources: Hisamatsu T, Miura K. Hypertension Research 2024; 47: 3085–3098; 2023 ESH Guidelines; Parati G et al. 2025 ESH Position Paper on Nocturnal Blood Pressure. J Hypertens 2025; 43(8):1296–1318.

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HYPERTENSION DRIVES EUROPE'S BIGGEST KILLER

#1 cause of death and disability in the EU: **cardiovascular disease**

1 in 5 EU adults report high blood pressure

Many more **undiagnosed** including those whose BP rises only at night

Sources: OECD / European Commission, State of Cardiovascular Health in the European Union, 2025; Parati G et al. 2025 ESH Position Paper on Nocturnal Blood Pressure. J Hypertens 2025; 43(8):1296–1318.

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SLEEP APNOEA: WIDESPREAD, LARGELY UNDIAGNOSED

18% of European adults live with obstructive sleep apnoea

Most cases are never diagnosed

Three questions for your doctor:

- Do you snore loudly?
- Has anyone seen you stop breathing in your sleep?
- Are you tired during the day despite a full night in bed?

'Yes' to any → ask about a sleep assessment

Sources: European Academy of Neurology Burden of Sleep Disorders Study, 2025; Senaratna et al., Sleep Medicine Reviews 2017.

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CONTROLLING HYPERTENSION TOGETHER

2027 deadline for every EU Member State to have a national CVD plan (EU Safe Hearts Plan)

The 2025 ESH position paper places **nocturnal BP and sleep-disordered breathing** on the European hypertension agenda

Sleep belongs in those plans

Sources: European Commission, DG SANTE, Cardiovascular Health (Safe Hearts Plan); Parati G et al. 2025 ESH Position Paper on Nocturnal Blood Pressure. J Hypertens 2025; 43(8):1296–1318.

