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|  | Blutdruck am Morgen | Blutdruck am Abend |
| Datum | Uhrzeit | systolisch | diastolisch | Puls | Uhrzeit | systolisch | diastolisch | Puls |
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|  | Systolisch (mmHg) | Diastolisch (mmHg) |
| Niedriger Blutdruck | < 105 | < 65 |
| Optimaler Blutdruck | < 120 | < 80 |
| Normaler Blutdruck | 120 - 129 | 80 - 84 |
| Hoch-normaler Blutdruck | 130 - 139 | 85 - 89 |
| Milde Hypertonie (Stufe 1) | 140 - 159 | 90 - 99 |
| Mittlere Hypertonie (Stufe 2) | 160 - 179 | 100 - 109 |
| Schwere Hypertonie (Stufe 3) | > = 180 | > = 110 |