


# ANTI HYPERTENSIVES AT NIGHT REDUCES CVS MORTALITY AND MORBIDITY


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HTN is a epidemic disease-Globally  
and in Bangladesh

When to use anti hypertensive  
drugs-In the bedtime or after  
awakening?

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- Conventionally morning dose is preferred.
  - But there is physiological lowering of BP during sleep.
  - Bedtime BP is a single predictor for CV risk. So evening dosing is recommended.

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- Taking at least one blood-pressure medication at bedtime would be more effective in reducing CVD risk than would conventional dosing, in which patients take all their BP medications in the morning. Taking medications at bedtime is a cost-effective and simple strategy to achieve adequate asleep-BP reductions .

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- The renin-angiotensin-aldosterone system activates at night, so ACE inhibitors and angiotensin-receptor blockers all have greater efficacy if given in the evening compared with morning.
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Primary end point (events/1000 patient-years)			
Outcome	Dosing on awakening (n=391)	Dosing at bedtime (n=385)	p
Total events	50.48	21.58	<0.001
Total deaths	7.42	3.16	0.028
Cardiovascular deaths	3.46	1.05	0.042
Other cause of death	3.96	2.11	0.166
Cardiovascular events	17.32	8.95	0.004
Cerebrovascular events	7.42	2.11	0.006
Heart failure	10.89	3.68	0.002
Other events	7.42	3.68	0.043



THANK YOU ALL