

Healthy Blood Pressure Readings

Normal blood pressure for most adults is defined as a systolic pressure (top number) of less than 120 and a diastolic pressure (bottom number) of less than 80.

Low blood pressure, or hypotension, is systolic blood pressure lower than 90 or diastolic blood pressure lower than 60. If you have low blood pressure, you may feel lightheaded, weak, dizzy, or even faint. It can be caused by not getting enough fluids, blood loss, some medical conditions, or medications, including those prescribed for high blood pressure.

Elevated blood pressure is defined as a systolic pressure between 120 and 129 with a diastolic pressure of less than 80.

High blood pressure is defined as 130 or higher for the systolic number, or 80 or higher for the diastolic number. (See chart for stage 1 and stage 2 numbers.)

Blood Pressure Category	Systolic mm Hg (top number)	AND/OR	Diastolic mm HG (bottom number)
Normal	Less than 120	AND	Less than 80
Elevated	120-129	AND	Less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	OR	80-89
High Blood Pressure (Hypertension) Stage 2	140 or Higher	OR	90 or Higher
Hypertensive Crisis (consult your physician immediately)	Higher than 180	AND/OR	Higher than 120

What should I do if my blood pressure is not at a normal reading?

If you experience a blood pressure reading in the hypertensive crisis range (see chart) and/or you have severe headaches, dizziness, chest pain, sudden change in cognition and/or shortness of breath, you should seek medical attention immediately.

If you have a blood pressure reading in any of the categories other than the normal range (see chart), you should contact your health care provider for guidance and/or an appointment.

Take your blood pressure at the same time several days a week, using the same arm and log your results. You should bring your blood pressure log with you when you see your physician. Your doctor will need to see a pattern of your blood pressure readings to have an accurate picture of your blood pressure health.

See the links below for more information on a healthy blood pressure:

[National Institute on Aging - U.S. Dept. of Health and Human Services](#)

[American Heart Association](#)