

24小时动态血压报告

开发者：黄家宝
非医疗设备，仅供参考：
本分析基于个人/家庭测量或记录数据，无法替代专业医疗器械的24h动态血压监测。
若有高血压史或异常结果，请结合临床症状及时就医。
开发者微信：Jiabcdefh

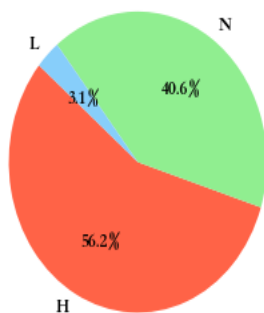
| 统计项 | 白天 | 夜间 | 全天 |
|-----------------|---------------------------|---------------------------|---------------------------|
| 平均SBP | 133.78 | 114.33 | 129.51 |
| 最大SBP(时刻) | 147 (2025-01-03 18:30:00) | 125 (2025-01-03 23:00:00) | 147 (2025-01-03 18:30:00) |
| 最小SBP(时刻) | 59 (2025-01-05 14:00:00) | 108 (2025-01-05 05:00:00) | 59 (2025-01-05 14:00:00) |
| 平均DBP | 86.09 | 70.44 | 82.66 |
| 最大DBP(时刻) | 94 (2025-01-03 18:30:00) | 78 (2025-01-03 23:00:00) | 94 (2025-01-03 18:30:00) |
| 最小DBP(时刻) | 30 (2025-01-05 14:00:00) | 65 (2025-01-05 05:00:00) | 30 (2025-01-05 14:00:00) |
| SBP标准差 | 14.99 | 5.07 | 15.67 |
| DBP标准差 | 10.86 | 4.1 | 11.74 |
| SBP血压负荷 | 31.25% | 0.0% | 24.39% |
| DBP血压负荷 | 34.38% | 0.0% | 26.83% |
| SBP平均真实变异 (ARV) | 7.55 | 3.0 | 6.45 |
| DBP平均真实变异 (ARV) | 4.77 | 2.38 | 4.35 |

额外指标：
收缩压(白天)：133.78 mmHg， 夜间：114.33 mmHg，
差值：19.45 mmHg， 下降率：14.54%， 昼夜比(夜/昼)：85.46%， 晨峰血压：3.0 mmHg

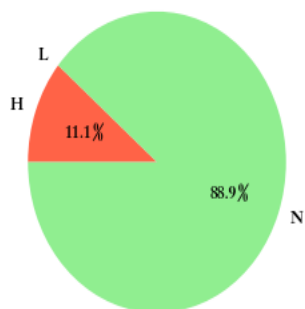
舒张压(白天)：86.09 mmHg， 夜间：70.44 mmHg，
差值：15.65 mmHg， 下降率：18.18%， 昼夜比(夜/昼)：81.82%， 晨峰血压：2.83 mmHg

血压分布（高/正常/低）饼图

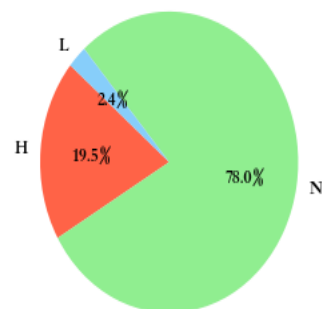
白天 收缩压
(N=32)



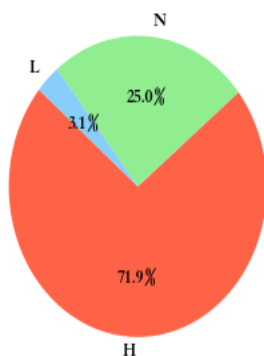
夜间 收缩压
(N=9)



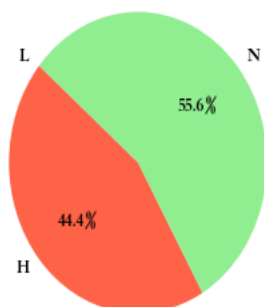
全天 收缩压
(N=41)



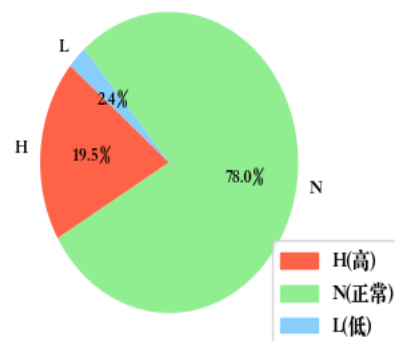
白天 舒张压
(N=32)



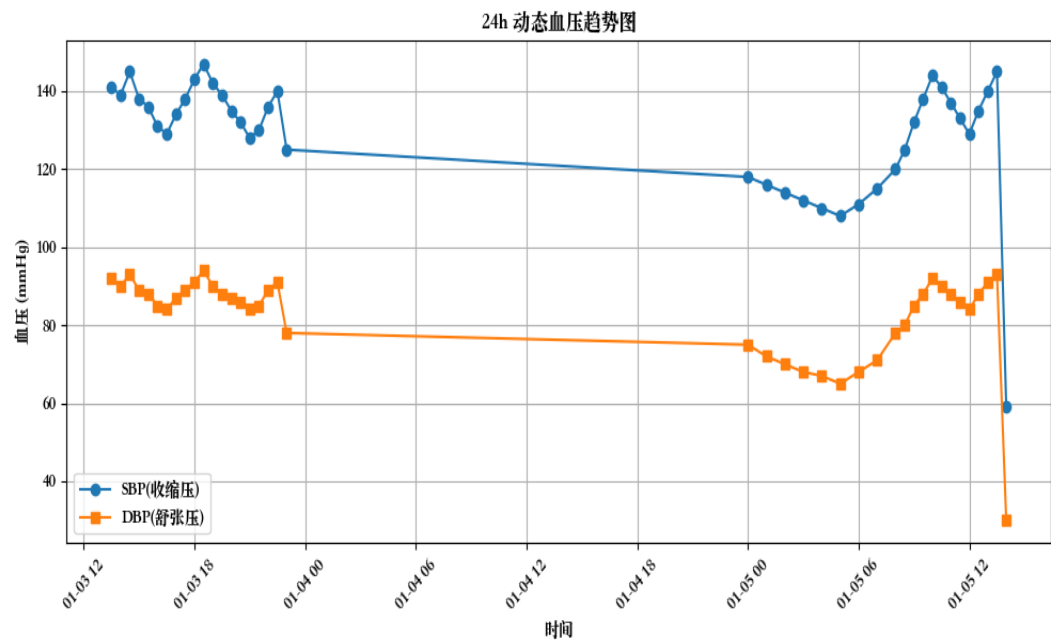
夜间 舒张压
(N=9)



全天 舒张压
(N=41)



24小时趋势图



测量明细

| 编号 | 日期 | 时间 | 收缩压 | 舒张压 | 平均压 | 脉率 | 脉压差 |
|----|------------|----------|-------|------|--------|----|-----|
| 1 | 2025-01-03 | 13:30:00 | 141 ↑ | 92 ↑ | 108.33 | 88 | 49 |
| 2 | 2025-01-03 | 14:00:00 | 139 | 90 | 106.33 | 86 | 49 |
| 3 | 2025-01-03 | 14:30:00 | 145 ↑ | 93 ↑ | 110.33 | 90 | 52 |
| 4 | 2025-01-03 | 15:00:00 | 138 | 89 | 105.33 | 84 | 49 |
| 5 | 2025-01-03 | 15:30:00 | 136 | 88 | 104.0 | 82 | 48 |
| 6 | 2025-01-03 | 16:00:00 | 131 | 85 | 100.33 | 80 | 46 |
| 7 | 2025-01-03 | 16:30:00 | 129 | 84 | 99.0 | 78 | 45 |
| 8 | 2025-01-03 | 17:00:00 | 134 | 87 | 102.67 | 83 | 47 |
| 9 | 2025-01-03 | 17:30:00 | 138 | 89 | 105.33 | 85 | 49 |
| 10 | 2025-01-03 | 18:00:00 | 143 ↑ | 91 ↑ | 108.33 | 88 | 52 |
| 11 | 2025-01-03 | 18:30:00 | 147 ↑ | 94 ↑ | 111.67 | 90 | 53 |
| 12 | 2025-01-03 | 19:00:00 | 142 ↑ | 90 | 107.33 | 86 | 52 |
| 13 | 2025-01-03 | 19:30:00 | 139 | 88 | 105.0 | 84 | 51 |
| 14 | 2025-01-03 | 20:00:00 | 135 | 87 | 103.0 | 82 | 48 |
| 15 | 2025-01-03 | 20:30:00 | 132 | 86 | 101.33 | 80 | 46 |
| 16 | 2025-01-03 | 21:00:00 | 128 | 84 | 98.67 | 78 | 44 |
| 17 | 2025-01-03 | 21:30:00 | 130 | 85 | 100.0 | 81 | 45 |
| 18 | 2025-01-03 | 22:00:00 | 136 | 89 | 104.67 | 84 | 47 |

| | | | | | | | |
|----|------------|----------|-------|------|--------|----|----|
| 19 | 2025-01-03 | 22:30:00 | 140 | 91 ↑ | 107.33 | 86 | 49 |
| 20 | 2025-01-03 | 23:00:00 | 125 | 78 | 93.67 | 70 | 47 |
| 21 | 2025-01-05 | 00:00:00 | 118 | 75 | 89.33 | 66 | 43 |
| 22 | 2025-01-05 | 01:00:00 | 116 | 72 | 86.67 | 64 | 44 |
| 23 | 2025-01-05 | 02:00:00 | 114 | 70 | 84.67 | 62 | 44 |
| 24 | 2025-01-05 | 03:00:00 | 112 | 68 | 82.67 | 61 | 44 |
| 25 | 2025-01-05 | 04:00:00 | 110 | 67 | 81.33 | 60 | 43 |
| 26 | 2025-01-05 | 05:00:00 | 108 | 65 | 79.33 | 58 | 43 |
| 27 | 2025-01-05 | 06:00:00 | 111 | 68 | 82.33 | 60 | 43 |
| 28 | 2025-01-05 | 07:00:00 | 115 | 71 | 85.67 | 64 | 44 |
| 29 | 2025-01-05 | 08:00:00 | 120 | 78 | 92.0 | 70 | 42 |
| 30 | 2025-01-05 | 08:30:00 | 125 | 80 | 95.0 | 74 | 45 |
| 31 | 2025-01-05 | 09:00:00 | 132 | 85 | 100.67 | 80 | 47 |
| 32 | 2025-01-05 | 09:30:00 | 138 | 88 | 104.67 | 84 | 50 |
| 33 | 2025-01-05 | 10:00:00 | 144 ↑ | 92 ↑ | 109.33 | 88 | 52 |
| 34 | 2025-01-05 | 10:30:00 | 141 ↑ | 90 | 107.0 | 86 | 51 |
| 35 | 2025-01-05 | 11:00:00 | 137 | 88 | 104.33 | 83 | 49 |
| 36 | 2025-01-05 | 11:30:00 | 133 | 86 | 101.67 | 80 | 47 |
| 37 | 2025-01-05 | 12:00:00 | 129 | 84 | 99.0 | 78 | 45 |
| 38 | 2025-01-05 | 12:30:00 | 135 | 88 | 103.67 | 82 | 47 |
| 39 | 2025-01-05 | 13:00:00 | 140 | 91 ↑ | 107.33 | 85 | 49 |
| 40 | 2025-01-05 | 13:30:00 | 145 ↑ | 93 ↑ | 110.33 | 88 | 52 |
| 41 | 2025-01-05 | 14:00:00 | 59 ↓ | 30 ↓ | 39.67 | 88 | 29 |

总结：

- 本报告结果仅供个人参考，不能替代医用设备。
- 建议在医生指导下做进一步检查或专业的动态血压监测。
- 若血压持续异常，请尽快就医。