A technique in which an inflatable cuff is wrapped around the upper arm. The pressures and pulse rate of an adult individual by using a non-invasive method. Too many measurements may cause injury due to blood flow interference, especially when the cuff is wrapped around the arm for a long period. Considering the above information, it is recommended that you measure your blood pressure at approximately the same time each day. Blood pressure fluctuates continually throughout the day and night. The highest value will be obtained at the beginning of the day and the lowest value will be obtained at the end of the day. Therefore, it is recommended to measure your blood pressure on the same arm for each measurement. It is recommended to measure blood pressure at approximately the same time each day. Blood pressure fluctuates continually throughout the day and night. The highest value will be obtained at the beginning of the day and the lowest value will be obtained at the end of the day. Therefore, it is recommended to measure your blood pressure on the same arm for each measurement. It is recommended to measure blood pressure at approximately the same time each day. Blood pressure fluctuates continually throughout the day and night. The highest value will be obtained at the beginning of the day and the lowest value will be obtained at the end of the day. Therefore, it is recommended to measure your blood pressure on the same arm for each measurement.