

# Timing 'key' for BP pills

By **Hanna Geissler**

TAKING blood pressure medication according to whether you are a morning or evening person could lower your risk of a heart attack, a UK study suggests.

Researchers assessed the "chronotype" – the time someone wants to wake up and go to sleep – of 5,000 people with hypertension.

Those with earlier chronotypes – "morning people" – who took the tablets in the morning were less likely to have a heart attack than those who took it at night.

And participants with later chronotypes who took their medication in the evening were less likely to have a heart attack than those who took it in the morning.

But researcher Dr Filippo Pigazzani, from Dundee University's School of Medicine, said: "Before any patients change when they are taking their medications, our findings first need to be confirmed in new clinical trials."

