**Table 3:** Results, selected variables.

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| **First Author, Date** | **Outcome(s)** | **Data on Outcome(s) Prior to Intervention/ Data for Control Group** | **Data After Intervention/Data for Intervention Group** | | **Finding on Differences** |
| Crippa, et al. [49] | 1. Daytime mean SBP/DBP 2. Nighttime mean SBP/DBP 3. Dipping pattern | 1. SBP (139.1 ± 9.6)   DBP (87.4 ± 7.7)   1. SBP (135.8 ± 9.9)   DBP (85.1 ± 8.1)   1. 41 (100%) non-dipper/riser | **P.M. barnidipine (10 mg)**   1. SBP (129.8 ± 8.9)   DBP (82.1 ± 7.1)   1. SBP (118.2 ± 7.9)   DBP (76.6 ± 6.9)   1. 9 (22%) non-dipper (risers not described) | | 1. P < 0.05 (paired t-test) 2. P < 0.025 (paired t-test) 3. P < 0.05 (paired t-test) |
| Kario, et al. [46] | 1. Morning mean SBP/DBP 2. Nighttime mean SBP/DBP 3. Sleep SBP Surge | 1. SBP (150.8 ± 12.3)   DBP (86.4 ± 10.6)   1. SBP (137.3 ± 9.1)   DBP (81.1 ± 7.4)   1. 30.8 ± 12.7 | **P.M. carvedilol (20 mg)**   1. SBP (137.4 ± 10.5)   DBP (79.9 ± 6.6)   1. SBP (121.8 ± 8.3)   DBP (72.5 ± 5)   1. 18.6 ± 7.8 | **P.M. nifedipine ER (40 mg)**   1. SBP (118.2 ± 15.7)   DBP (69.9 ± 9.2)   1. SBP (112.8 ± 10.7)   DBP (66.6 ± 6.3)   1. 22.1 ± 16.8 | 1. **1. BL vs. Carvedilol:**   SBP P < 0.01 DBP P < 0.05 (paired t-test)  **BL vs. Nifedipine:**  SBP P < 0.001 DBP P < 0.01 (paired t-test)  **Carvedilol vs. Nifedipine:**  SBP P < 0.001 DBP P < 0.01   1. **2. BL vs. Carvedilol:**   SBP P < 0.001 DBP P < 0.001  (paired t-test)  **BL vs. Nifedipine:**  SBP P < 0.001 DBPP < 0.001  (paired t-test)  **Carvedilol vs. Nifedipine:**  SBP P < 0.05 DBP P < 0.01  (paired t-test)   1. **3. BL vs. Carvedilol:**   P < 0.05 (paired t-test)  **BL vs. Nifedipine:** NS  Carvedilol vs. Nifedipine: NS |
| Kasiakogias, et al. [50] | 1. Day SBP/DBP 2. Night SBP/DBP 3. Dipping pattern | 1. SBP (143.4 ± 11)   DBP (90.8 ± 8.7)   1. SBP (133.5 ± 12.7)   DBP (81.8 ± 9.9)   1. 10 (24%) dippers | **A.M. Dosing**   1. SBP (127.6 ± 88.6)   DBP (80 ± 7.4)   1. SBP (117 ± 9.9)   DBP (71.3 ± 7.4)   1. 14 (34%) dippers | **P.M. Dosing**   1. SBP (126.9 ± 9.4)   DBP (79.9 ± 6.7)   1. SBP (112.6 ± 10.1)   DBP (68.4 ± 7.2)   1. 25 (61%) dippers | 1. **1. BL vs. AM dosing:**   SBP & DBP P < 0.05 (t-test)  **BL vs. PM dosing:**  SBP & DBP P < 0.05 (t-test)   1. **2. BL vs. AM dosing:**   SBP & DBP P < 0.05 (t-test)  **BL vs. PM dosing:**  SBP & DBP P < 0.05 (t-test)  **AM vs. PM dosing:**   1. 3. SBP & DBP P < 0.05 (t-test) 2. **4. BL vs. AM**: NS (t-test)   **BL vs. PM**: P < 0.05 (t-test)  **AM vs. PM**: P < 0.05 (t-test) |
| Serinel, et al. [47] | 1. Wake mean SBP/DBP 2. Sleep mean SBP/DBP 3. Dipping Pattern | 1. SBP (147.8 ± 1.1)   DBP (90.8 ± 0.9)   1. SBP (126.7)   DBP (76.1 ± 0.9)   1. 24.7% dippers | **A.M. perindopril (10 mg)**   1. SBP (137.9 ± 1.1)   DBP (85.6 ± 0.9)   1. SBP (118.7 ± 1.4)   DBP (71.7 ± 0.9)   1. 28.7% dippers | **PM perindopril (10 mg)**   1. SBP (139.7 ± 1.1)   DBP (86.7 ± 0.9)   1. SBP (119.8 ± 1.4)   DBP (72 ± 0.9)   1. 29.1% dippers | 1. **1. SBP Change from BL to AM**:   -9.8 (95% CI -10.5 to -9.1)  P < 0.001 (paired t-test)  **SBP Change from BL to PM:**  -8 (95% CI -8.7 to -7.3)  P < 0.001 (paired t-test)  **SBP AM vs. PM:** P < 0.001   1. **2. SBP Change from BL to AM:**   -8 (95% CI -9.4 to -6.6)  P < 0.001 (paired t-test)  **SBP Change from BL to PM:**  -6.9 (95% CI -8.3 to -5.5)  P < 0.001 (paired t-test)  **SBP AM vs. PM**: P = 0.14   1. 3. All P > 0.70 |
| Yoshida, et al. [51] | 1. Nocturnal SBP Surge Peak 2. Early AM BP 3. Stroke | 1. 155 2. 139/95 3. Hx of 3 sleep-onset strokes | **P.M. doxazosin (4 mg)**   1. 133 2. 119/76 3. No recurrence of stroke for 2 + years at time of publication. | No statistical tests performed. |  |
| Zeigler, et al. [48] | 1. Wake SBP/DBP 2. Sleep SBP/DBP 3. Sleep SBP/DBP load (%) 4. MBP Dipping Pattern | **P.M. Placebo**   1. Values not provided 2. Not provided 3. SBP: (65 ± 6) %   DBP: (62 ± 6) %   1. 10% | **P.M. nebivolol**  **(5-10 mg)**   1. -6.3/-5.3 from BL 2. Not provided 3. SBP: (52 ± 6) %   DBP: (50 ± 6) %   1. ≈ 9% | **P.M. hydrochlorothiazide**  **(12.5-25 mg)**  1. -3.7/-1/3 from BL  2. Not provided  3. SBP: (60 ± 6) %  DBP: (62 ± 6) %  4. ≈ 9% | **Placebo vs. Nebivolol**   1. Not provided 2. P = NS 3. SBP load P < 0.001   DBP load P = NS  **Placebo vs. HCTZ**   1. Not provided 2. P = NS 3. SBP load P = NS   DBP load P = NS  **HCTZ vs. Nebivolol**   1. P < 0.05 2. Not provided 3. SBP load P = NS   DBP load P = NS |

SBP: Systolic blood pressure; DBP: Diastolic blood pressure; BL: Baseline. All blood pressure values reported in mmHg, MBP: Mean Blood Pressure; NS: No statistical significance; Sleep period BP load: % sleep ABP readings > 120/70 mmHg.