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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 < 0.011. **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:** NSCarvedilol 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 < 0.0011. **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 = 0.141. 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 BL2. Not provided3. 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.