**Table 2. Ambulatory SBP ARV results at baseline, post 8-week IRT and post 8-week maintenance period**

 TRG-MT Control

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Ambulatory SBP ARV****(mmHg)** | **Baseline** | **Post 8-week IRT** | **Post 8-week maintenance**  | **Baseline** | **Post 8-week IRT** | **Post 8-week maintenance**  |
| **24-h**  | 10.29 ± 1.72 | 8.20 ± 1.51\* | 8.26 ± 1.05\*\* | 10.12 ± 1.78 | 10.45 ± 1.80 | 10.39 ± 2.21 |
| **Daytime**  | 10.77 ± 2.07 | 8.45 ± 2.07\*\* | 8.72 ± 1.16\*\* | 10.45 ± 2.40 | 10.04 ± 1.79 | 10.67 ± 2.56 |
| **Night-time** | 8.92 ± 2.84 | 8.17 ± 3.17 | 8.27 ± 1.68 | 8.11 ± 1.97 | 8.24 ± 2.78 | 8.61 ± 1.94 |

Data are presented as mean ± SD. (TRG-MT group n=13; Control group n=12). SBP, systolic blood pressure; ARV, average real variability. P values represent changes within groups over time compared to baseline measures. \*\* P value < 0.01, \* P value < 0.05.