

- Avoid exacerbating factors
- Stockings
- Prevent postprandial hypotension (reduced blood pressure after meals):
  - \*avoid big meals: eat smaller, more frequent ones;
  - \*drink strong tea/coffee before getting out of bed and with meals
- Avoid supine hypertension (raised blood pressure when lying down):
  - \* do not take vasoconstrictive medication after 6pm.
  - \* sleep with head of bed elevated