# University of Dundee Study Links Blood Pressure Medication Effectiveness to Chronotype



A study conducted by the University of Dundee has revealed that the effectiveness of blood pressure medication may be influenced by a person’s chronotype, or their natural preference for waking up and going to sleep. The research was carried out with more than 5,000 participants, half of whom took their antihypertensive medication in the morning and the other half in the evening. The study found that individuals with earlier chronotypes who took their medication in the morning were less likely to suffer a heart attack than those who took it at night. Conversely, those with later chronotypes had better outcomes when taking their medication in the evening. The study, published in the journal eClinicalMedicine, was conducted in collaboration with Helmholtz Munich and involved researchers from the UK, Italy, and the USA. Dr. Filippo Pigazzani and Dr. Kenneth Dyar, who were involved in the research, emphasized the importance of aligning medication schedules with individuals' internal body clocks to potentially reduce heart attack risk. This study proposes that personalized chronotherapy could be beneficial, though further randomized clinical trials are necessary to confirm the findings.