

Table S1. Summary of data from ABPM recordings overall 24 hours. Intention to treat analysis.

Variable	Group	T1 (\pm SD)	Δ T2 – T1 (95 % CI)	T3 (\pm SD)	Δ T4 – T3 (95% CI)	Δ T4 – T1 (95% CI)	P_{T2-T1}	P_{T4-T3}	P_{T4-T1}
Average SBP (mmHg)	Control	126.7 \pm 9.7	0.3 (-3.0 to 3.5)	125.1 \pm 9.0	2.8 (-1.7 to 7.3)	1.2 (-3.8 to 6.2)	0.396	<0.001	<0.001
	LMIT	128.6 \pm 7.7	0.8 (-1.7 to 3.3)	129.9 \pm 9.9	-3.6 (-7.1 to -0.1) *	-2.3 (-6.2 to 1.6)			
	HIT	130.5 \pm 8.9	-0.1 (-3.5 to 1.6)	132.9 \pm 10.5	-9.8 (-13.3 to -6.3) *	-7.4 (-11.2 to -3.5) *			
Average DBP (mmHg)	Control	78.3 \pm 9.2	0.2 (-2.2 to 2.5)	79.1 \pm 8.9	0.2 (-2.5 to 2.8)	1.0 (-2.6 to 4.6)	0.720	<0.001	<0.001
	LMIT	79.6 \pm 4.7	1.0 (-0.8 to 2.9)	80.6 \pm 5.7	-2.5 (-4.6 to -0.4) *	-1.5 (-4.3 to 1.3)			
	HIT	80.9 \pm 6.0	-0.8 (-2.6 to 1.0)	83.2 \pm 6.0	-7.7 (-9.8 to -5.7) *	-5.4 (-8.2 to -2.6) *			
Average MAP (mmHg)	Control	94.4 \pm 8.8	0.2 (-2.1 to 2.5)	94.4 \pm 8.5	1.1 (-2.0 to 4.1)	1.0 (-2.8 to 4.9)	0.151	<0.001	<0.001
	LMIT	96.0 \pm 4.8	1.0 (-0.8 to 2.8)	97.0 \pm 6.7	-2.8 (-5.2 to -0.5) *	-1.8 (-4.8 to 1.2)			
	HIT	97.4 \pm 5.8	-0.9 (-2.7 to 0.9)	99.8 \pm 6.5	-8.4 (-10.8 to -6.0) *	-6.1 (-9.1 to -3.1) *			
Average PP (mmHg)	Control	48.3 \pm 6.9	0.08 (-2.8 to 3.0)	47.8 \pm 5.6	0.7 (-2.1 to 3.6)	-0.2 (-2.7 to 3.2)	0.969	<0.05	0.365
	LMIT	49.0 \pm 7.3	-2.5 (-2.5 to 2.0)	49.0 \pm 6.7	-0.8 (-3.0 to 1.4)	-0.8 (-3.1 to 1.5)			
	HIT	49.6 \pm 8.8	-0.2 (-2.4 to 2.1)	50.4 \pm 8.7	-2.7 (-5.0 to -0.5) *	-1.9 (-4.2 to 0.3)			
SD of SBP (mmHg)	Control	12.4 \pm 3.3	-1.9 (-5.3 to 1.4)	11.4 \pm 2.9	-1.0 (-3.4 to 1.5)	-2.0 (-4.8 to 1.0)	<0.05	0.243	<0.001
	LMIT	13.6 \pm 4.3	-1.1 (-3.7 to 1.5)	12.5 \pm 3.8	-0.9 (-2.8 to 1.0)	-2.0 (-4.2 to 0.3)			
	HIT	14.9 \pm 4.3	-0.6 (-2.8 to 1.6)	14.3 \pm 4.9	-2.4 (-4.3 to -0.6) *	-3.0 (-5.3 to -0.8) *			
SD of DBP (mmHg)	Control	9.9 \pm 2.4	-1.5 (-4.5 to 1.5)	8.7 \pm 2.3	0.2 (-2.2 to 2.5)	-1.0 (-4.2 to 2.1)	0.661	0.848	0.884
	LMIT	11.8 \pm 2.6	-1.3 (-3.7 to 1.0)	10.2 \pm 2.9	-0.4 (-2.3 to 1.4)	-2.0 (-4.5 to 0.4)			
	HIT	12.1 \pm 2.5	-0.4 (-2.7 to 1.9)	11.0 \pm 3.5	-0.1 (-2.0 to 1.7)	-1.3 (-3.7 to 1.1)			
Systolic load (%)	Control	35.7 \pm 23.6	-1.8 (-8.2 to 4.6)	34.3 \pm 23.6	1.4 (-11.9 to 14.7)	0.02 (-13.7 to 13.7)	0.335	<0.05	<0.05
	LMIT	41.8 \pm 24.5	1.6 (-3.3 to 6.6)	43.5 \pm 29.4	-6.2 (-16.5 to 4.1)	-4.5 (-15.1 to 6.1)			
	HIT	46.0 \pm 26.5	1.9 (-6.8 to 10.5)	47.9 \pm 28.8	-20.5(-30.5 to -10.0) *	-18.4 (-29.0 to -7.8) *			
Diastolic load (%)	Control	38.1 \pm 25.0	0.3 (-13.7 to 14.4)	33.8 \pm 24.3	10.0 (-7.3 to 27.3)	5.7 (-39.7 to 51.1)	0.687	<0.05	0.387
	LMIT	44.2 \pm 15.6	2.5 (-8.4 to 13.3)	46.7 \pm 24.2	-6.1 (-19.5 to 7.3)	-3.6 (-38.8 to 31.6)			
	HIT	59.9 \pm 86.0	-2.9 (-13.8 to 8.0)	49.1 \pm 21.6	-16.0 (-29.4 to -2.6) *	-26.8 (-62.0 to 8.5)			