

- 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