**Autonomous nervous system (orthostatic hypotension, POTS)  
non-pharmacological regimen recommendations**

1. Consume at least 2 - 2.5 litres of fluid every day.
2. Abdominal corset or compression socks.
3. Sleep with raised head part of the mattress at 10-20 degrees (15 - 30 cm).
4. Use 8 - 20 grams of salt every day.
5. If required, consume water rapidly (approximately 500 ml).
6. Get up from the bed slowly, especially in the mornings.
7. Regular physical activity.
8. Use coffee or tea.
9. Potassium rich diet.
10. Do not use alcohol.
11. Eat frequently, use small portions, avoid foods that are rich in carbohydrates.
12. A treat before night rest (can be rich in carbohydrates).
13. Urinate in a seated position.
14. Avoid hot, moist environments.
15. Avoid tension (physical and emotional).
16. Physical exercises that reduce the possibility of the development of orthostatic. hypotension (crossing your legs, squats, stretching up on your toes, etc.).
17. Recognise the symptoms of orthostatic hypotension/POTS.
18. Register the symptoms and blood pressure in the diary.
19. If possible, avoid the use of medications that promote orthostatic hypotension.
20. Treat anaemia, if required.