Screening for eligibility:
- Either gender (18 - 74 years)
- Treated or untreated arterial hypertension (office + day-time ambulatory BP)
- Metabolic syndrome (ATP-III)

Patient informed consent obtained

Randomization (n=252)

HBPT (n=168)
- W0 → W4
- W4 → W12
- W12 → W24
- W24 → W36
- W36 → W48

Automatic transmission

CM (n=84)
- W0 → W4
- W4 → W12
- W12 → W24
- Manual transmission

Primary end-point: rate of day-time blood pressure normalization (<135/85 mmHg)