

# Migraine Control

Changes in your internal and external environment can trigger migraine headaches. It is important to control your environment the best you can. The following are some tips to help you regulate your internal environment and reduce the frequency of migraines.

- **Maintain good sleep habits.** Try to get the same amount of sleep every night. Go to bed and wake up around the same time every day, including weekends.



- **Reduce your caffeine intake.** Excessive caffeine can cause headaches, so try to use minimal amounts of caffeine every day. Remember, caffeine is found not only in coffee, but in soda and tea as well.



- **Exercise daily.** Mild to moderate exercise for 20 to 30 minutes a day can help reduce the frequency of headaches by lowering your stress level.



- **Eat regular meals.** Skipping meals can lead to a lowering in your blood sugar that can trigger a migraine. Keep snacks with you when you are traveling if you think you may miss a meal.



- **Drink more water and less alcohol.** Keeping hydrated is essential for good health and migraine control. Alcohol can be a trigger for migraines, so drink alcohol in moderation.



- **Limit medication use.** If you are using over the counter or prescription medication to treat three or more headaches a week, they may be causing medication overuse headache.



- **Keep a headache calendar.** Note things that may trigger your headaches, like lack of sleep, weather changes, missed meals, stressful events, alcohol use, caffeine intake, or eating certain foods. Keep note of medications you are using to treat your headache. This will help you identify and manage triggers for your headache, track how often you are using medications, and give you a better sense of what things are working or not working for you headaches.

