

14 Tips for Migraine Sufferers

1. Keep a diary to try to identify any trigger factors.
2. Try to avoid anything that you know triggers your migraine. DO NOT avoid things just because you have heard they trigger migraine attacks in others.
3. Keep blood sugar levels stable by eating regularly and avoiding sugary snacks.
4. Drink plenty of water (at least 2 litres a day).
5. Reduce your intake of caffeine, alcohol and soft drinks containing artificial sweeteners.
6. Maintain a regular sleep pattern – avoid shift work, long lie-ins and late nights.
7. Try to get some fresh air and exercise every day (e.g. walking or cycling to work instead of driving, a short walk in the lunch hour etc.).
8. Avoid bright, flickering light and wear sunglasses and/or a hat in bright sunlight.
9. Take regular breaks from work, especially if your work is repetitive or uses VDUs/computers.
10. Make your working environment as comfortable as possible (e.g. adjust chair to correct height, eliminate glare from windows, lighting or reflective surfaces, adjust the computer screen, maintain good ventilation and a temperature suited to the work you are doing etc.).
11. Practice relaxation techniques to rid the body of tension and stress.
12. Learn to identify any warning signs that indicate that an attack may be on its way (e.g. stiffness in the neck, becoming clumsy, a bad taste in the mouth, not being able to think clearly etc.) and take action fast.
13. Take your medication early in the attack; it has a much greater chance of working!
14. Remember to put yourself first at least once every day.

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