

PATIENT INFORMATION

Lifestyle Advice for Migraine Sufferers

The main theme for the headache lifestyle is **consistency**.

Eating and Drinking

- Try to eat regular meals.
- Drink plenty of water and make sure you are not dehydrated.
- Avoid caffeine completely or have a **regular** small amount daily (eg one or two cups of tea a day).
- Avoid foods that obviously trigger **your** migraine.

Triggers are not the same for everyone. Often there is not one trigger but several factors that may have added to the likelihood of having a migraine.

Excess alcohol can be a trigger in many people so reduce intake if necessary.

Sleep

Good sleep hygiene is very important for migraine sufferers

- Try to get a regular amount of sleep every day
- Do not drink caffeinated drinks close to bed time
- Do not use computers, tablets or smartphones at bed time

If insomnia is a problem you can find more information on:

Patient.co.uk

<https://patient.info/health/insomnia-poor-sleep>

or NHS choices

<https://www.nhs.uk/conditions/insomnia/>

[If you would like some help with your sleep problems you can contact Talkworks \(Devon depression and anxiety service\) on 01626 203500 or online: TALKWORKS for Sleep Workshops | TALKWORKS \(dpt.nhs.uk\)](#)

Exercise

Try to do even a small amount of exercise at least five times a week. A brisk walk or yoga is sufficient if you are unable to do aerobic activities.

Headache Diary

Keeping a headache diary is very important to see if there are any patterns to your migraines. This can be a paper diary or an online version.

There are many headache/migraine apps available to record your information. Try to record information every day even if you don't have a migraine.

The Migraine Trust has more information on keeping a diary and has a headache diary that you can download:

<https://www.migrainetrust.org/living-with-migraine/coping-managing/keeping-a-migraine-diary/>

Stress Reduction

- Consider relaxation, yoga or mindfulness meditation:
For Mindfulness: *Headspace* website, *Calm* app,
Book – *Mindfulness a practical guide to finding peace in a frantic world* by Mark Williams and Danny Penman
- Cognitive behavioural therapy or psychological counselling may be of benefit.
[You can contact Talkworks \(Devon depression and anxiety service\) on 01626 203500 or online: TALKWORKS | Mental Health Support for Devon \(dpt.nhs.uk\)](#)
- Explore whether there can be changes to your employment. Talk to your employer about your migraines to see if there is any help available.
- Contact the Migraine Trust for further help and advice regarding this:
[Managing migraine at work - The Migraine Trust](#)

For further information

Migraine Trust: www.migrainetrust.org

[Migraine - NHS \(www.nhs.uk\)](http://www.nhs.uk)

“HeadsUp” Podcasts from National Migraine Centre

Migraine World Summit: <https://migraineworldsummit.com/>

“Just One Thing” – Michael Mosley podcast

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.