

5 Tips on Migraines

01

Noticing

Track when they happen, i.e. a weekend, or when you have not relaxed. Notice any pattern just before you have a migraine.

02

Sleep

Ensure you are maintaining a relaxed state 30 minutes before bedtime, dim lights, and no screen time.

03

Activity

To reduce stress look at doing daily exercise even for 10 minutes to help calm your mind.

04

Stay hydrated

Reduce caffeine intake in the afternoon/evening, and drink water.

05

Meditation

Use apps like Headspace or Calm to calm the mind before going to bed.



Mapcoach