

# Migraine diary

Recording details of your migraines can help identify the best ways to treat them.

Date	How long	How bad (1 mild, 10 worst)	Symptoms	Medication used	Other comments

## Some factors that may contribute to development of migraine\*

### Stress



**Tip:** Practice relaxation therapy/meditation

### Changes in sleep schedule



**Tip:** Try to sleep at the same time every day; limit technology at night

### Medication overuse



**Tip:** Taking too much of your migraine medication can cause more attacks

### Foods

(alcohol, caffeine, MSG, aged cheese, cured meats, etc.)



**Tip:** Use a diary to identify foods that cause migraine symptoms within 24 hours of eating

### Sensory stimulation



**Tip:** Wear sunglasses, avoid strong perfumes, and sit in a quiet room

### Hormonal changes



**Tip:** Some people have migraines during their period because of estrogen changes

**\*Speak with your pharmacist or doctor if these factors contribute to your migraines.**



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