

Common Migraine Triggers



Knowing your triggers and avoiding them can reduce the frequency and severity of your attacks, and improve your overall quality of life. Triggers vary from one person to the next, but there are certain things that tend to set off episodes for many migraineurs (see below). One of the best ways to identify your triggers is to keep a migraine diary, noting what you were doing, eating, and/or feeling in the time leading up to your attack. Be sure to share your findings with your doctor to provide a clearer picture of your situation.

COMMON TRIGGERS



Lack of or too much sleep



Stress/anxiety



Skipped meals or irregular eating schedule



Changes in weather or temperature



Bright or flickering lights



Dehydration



Loud noises



Alcohol (often red wine)



Fragrances/odors



Caffeine—caffeine withdrawal



Hormone fluctuations (e to from menstrual cycle, pregnancy, or thyroid issues)



Certain foods (including those containing nitrates, MSG, or tyramine)

► Find more info and tools at: [HealthCentral.com/ChronicMigraineGuide](https://www.healthcentral.com/ChronicMigraineGuide)