



4 Tips for Mitigating Migraine Attacks

The most manageable migraine is the one that never happens.
With the right amount of self-care and trigger awareness,
migraine sufferers can help reduce the incidence and
severity of their migraine episodes.



PRIORITIZE SLEEP

Healthy adults need at least 7 hours of uninterrupted sleep each night. Avoid bedroom distractions such as screens and bright lighting at least one hour before bedtime.



MAINTAIN A REGULAR EATING SCHEDULE

Skipping meals or waiting too long to eat can trigger a migraine episode. Keep a food journal to identify possible food or ingredient triggers.



WATCH CAFFEINE INTAKE

For some migraine sufferers, caffeine can cause rebound headaches or more intense migraine episodes.



GET MOVING

Studies have shown that aerobic exercise can result in a reduction in migraine frequency, duration and intensity. Aim for 30-minutes of heart-pumping exercise every day.

