

### What is headache hygiene?

Headache hygiene is a set of practices essential to reducing headache frequency and severity. Improving headache hygiene by making lifestyle modifications can lessen the burden of headaches significantly and increase the likelihood of successful headache treatment.

### Headache Hygiene Tips

Sleep	<ul style="list-style-type: none"> <li>• Go to sleep and wake up at the same time every day</li> <li>• Avoid excessive sleep or sleep deprivation – aim for at least 8 hours of sleep each night</li> </ul>
Meals	<ul style="list-style-type: none"> <li>• Eat 3 balanced meals a day and avoid skipping meals</li> <li>• Avoid sugary snacks as this rapid surge in sugar can trigger headache</li> </ul>
Exercise	<ul style="list-style-type: none"> <li>• Moderate intensity exercise at least 3 times each week can reduce stress and help maintain physical health</li> </ul>
Hydration	<ul style="list-style-type: none"> <li>• Dehydration can cause or worsen headaches</li> <li>• Drink plenty of water throughout the day</li> </ul>
Caffeine and Alcohol	<ul style="list-style-type: none"> <li>• Too much caffeine or withdrawal from caffeine can trigger headaches</li> <li>• Certain types of alcohol can trigger headaches for some people</li> </ul>
Stress	<ul style="list-style-type: none"> <li>• Stress can trigger or increase headaches</li> <li>• Stress management and relaxation techniques are effective strategies for reducing headaches</li> </ul>

### Headache Triggers

It is very helpful to understand and track your headache triggers to discuss with your physician.

Potential Headache Triggers	
Food	Other
<ul style="list-style-type: none"> <li>• Aged Cheeses</li> <li>• Alcohol (especially wine)</li> <li>• Artificial Sweeteners</li> <li>• Caffeine (withdrawal or in excess)</li> <li>• Chocolate</li> <li>• Citrus Fruits</li> <li>• Cured Meats</li> <li>• MSG (i.e. soy sauce)</li> <li>• Nuts</li> <li>• Processed Foods</li> <li>• Salty Foods and Sugary Snacks</li> </ul>	<ul style="list-style-type: none"> <li>• Bright Lights</li> <li>• Dehydration</li> <li>• Eye Strain</li> <li>• Fatigue</li> <li>• Menstruation</li> <li>• Medication overuse</li> <li>• Sedentary lifestyle</li> <li>• Sleep Deprivation</li> <li>• Stress</li> <li>• Strong Odors (i.e. perfume/cologne)</li> </ul>

\*Adapted from the American Headache Society

### Questions

The CORE Institute is dedicated to your outcome. If any questions or concerns arise, please call 1.866.974.2673.