

Tools for Healthcare Professionals & Their Patients

Trigger Avoidance Information

Headache Hygiene Tips

Headache may be triggered or worsen with certain types of foods, activities, medications, or stress. Below is a list of possible ways to make a few modifications to your lifestyle that may significantly impact the frequency of headaches

Get Regular Sleep	<ul style="list-style-type: none"> Go to bed and wake up at regular times each day Do not sleep excessively on the weekends and too little on the weekdays Most adults need approximately 6-8 hours of sleep per night
Eat Regular Meals	<ul style="list-style-type: none"> Low blood sugar can trigger a headache Eat regular meals three times each day including protein, fruits, vegetables and carbohydrates Too much sugar may lead to a rapid increase in blood sugar followed by a rapid decline in blood sugar, which can trigger a headache
Get Moderate Amounts of Routine Exercise	<ul style="list-style-type: none"> Moderate exercise three to five times each week will help reduce stress and keep you physically fit Too much exercise or inconsistent patterns of exercise may trigger headache
Drink Plenty of Water	<ul style="list-style-type: none"> Anormal adult should drink plenty of water throughout the day Dehydration may cause headaches
Limit Caffeine, Alcohol and other Drugs	<ul style="list-style-type: none"> Caffeine is a stimulant and caffeine withdrawal may cause headaches when blood levels of caffeine taper Alcohol may be a trigger for headaches and alcohol in moderation may reduce the number of headaches
Reduce Stress	<ul style="list-style-type: none"> Stress may lead to an increase in headache Relaxation and stress management may help reduce headaches

Identifying Headache Triggers Worksheet

[Click here for a downloadable version of the worksheet](#)

	Date of trigger- Exposure	Headache Description- Describe course of headache
Aged cheese		
Alcohol		
Chocolate		
Citrus fruits		
Cured meats		
Dehydration		
Excess caffeine		
Excessive exercise		
Eyestrain or other visual triggers		
Fatigue		
Menstruation		
Medication use/missed		
MSG		
NutraSweet®		
Nuts		
Onions		
Salty foods		
Sleep deprivation		
Skipped meals		
Stress		
Others (list below)		