PHYSICAL WELLNESS

Physical wellness in the face of migraine-related pain and other physical symptoms may feel difficult to achieve. But focusing on the core tenets of physical wellness is possible, even when managing migraine.

You can think of these areas as the SEEDS to success in managing your physical wellness.

SLEEP

Up to ½ of migraine patients have poor sleep quality or a sleep disorder like insomnia, restless leg syndrome, or sleep apnea. Sleep deprivation is one factor that may trigger a migraine attack.

To achieve improved sleep quality:
- Go to bed and wake up at the same time daily.
- Establish a relaxing bedtime routine.
- Turn off electronic devices 30 minutes before bedtime.
- Use your bed only for sleep and sex.
- Reduce your fluid intake before bedtime.
- Avoid known sleep disrupters, including alcohol, caffeine, and tobacco.

If sleep problems persist, talk to your physician. You can also consult a behavioral sleep medicine specialist trained to help people address insomnia and other sleep disorders. Cognitive Behavioral Therapy for Insomnia (CBT-i) is an evidence-based method of improving symptoms of insomnia. Find a provider here.

EAT

While some people find eliminating certain foods is helpful to manage attacks, there is no correct “migraine diet” that will work for every person with migraine. Rigid diets and one-size-fits-all elimination diets do not show much evidence in reducing headaches.

Eating habits that may help:
- Eat regularly. Do not skip meals.
- Talk to your doctor if you want to consider addressing migraine attacks with dietary supplements, vitamins, herbs, or nutraceuticals.
- Carry a snack and water with you when you leave the house. Ask your doctor if they are willing to provide a note to share with your employer or school if you face restrictions on carrying these items.
Using a Headache Diary

It is often helpful to track your migraine attacks, along with migraine triggers. You can use SWHR’s Headache Diary to help monitor all the important variables.