

### What are lifestyle reminders?

Your doctor may order medicine to help with your migraines. Here are some other things you can do to make migraines less likely to happen.

#### What do I need to do?

- Sleep 9 ¼ hours each night.
- Eat well balanced, regular meals.
- Decrease caffeine intake.
- Exercise regularly.
- Limit time spent in front of TV, game station, or computer.
- Take frequent breaks from computer with stretching.
- Try to use good sitting posture with chairs and desks.
- Avoid frequent use of pain medicine such as Tylenol® or ibuprofen.
- Avoid absence from school.

### Why is this important?

#### Sleep:

- Staying up late on weekends can make regular sleep patterns difficult.
- Not getting at least 9 hours of sleep, makes a migraine more likely to occur.

#### Meals:

- Many teens skip breakfast or lunch, or eat a candy bar and drink a soda for a meal.
- This can lead to low blood sugar which can trigger migraine headaches.

#### Caffeine:

- Drinking caffeine on a regular basis will lead to more migraines.
- If you have frequent headaches you should decrease your daily caffeine intake.

#### TV/Computer:

- Watching TV or 'screens', can lead to poor posture, muscle tension in neck and shoulders as well as eye strain.
- Muscle tension and eye strain can cause chronic pain and tension in the head.

#### Pain Medicine:

- Frequent use of pain medicine, whether over the counter or prescription, can lead to what is called a 'rebound headache'.
- If you take pain medicine more than 3-4 times a week, this may be adding to your headaches symptoms.

#### Go to School:

- The more school missed because of headaches, the harder it is to get rid of the headache.

These instructions are only general guidelines. Your doctors may give you special instructions. If you have any questions or concerns, please call your doctor.