

# Migraine management goal checklist

Migraine management can consist of multiple components, some of which may include careful assessment of dietary, lifestyle, and environmental factors.<sup>1,2</sup> Talk to your doctor to see what migraine management goals may be appropriate for you and use the checklist below to help you establish your goals. You can start slow and pick 1 or 2 goals to improve your migraine management.



## Dietary goals

- Keep a regular meal schedule<sup>1</sup>
- Eat a well-balanced diet<sup>1</sup>
- Eat low-fat foods<sup>1</sup>



## Lifestyle goals

### Tips for normal sleep:

- Try to go to bed and wake up at the same time every day<sup>3,4</sup>
- Try to get 7-9 hours of sleep every night<sup>3,4</sup>

### Other lifestyle tips:

- Drink ~ 5-8 (8oz) glasses of water per day<sup>4</sup>
- Practice relaxation exercises<sup>4</sup>



## Environmental goals

- Adjust lighting<sup>5</sup>
- Reduce computer screen glare,<sup>5</sup> if applicable
- Create a no-scent work area<sup>6</sup>
- Reduce stress<sup>5,6</sup>

This guide is educational only and is not intended to diagnose health problems or provide medical advice or medical care. Please talk to your health care provider if you have questions about your medical care or treatment.

**References:** **1.** Finocchi C, Sivori G. *Neurol Sci.* 2012;33(suppl 1):S77-S80. **2.** Peroutka SJ. *Curr Pain Headache Rep.* 2014;18:454. **3.** NINDS. <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Understanding-Sleep>. Accessed July 18, 2018. **4.** Coeytaux RR, Mann JD. *Integrative Medicine.* 4th ed. Philadelphia: Elsevier, Inc; 2018:108-119. **5.** Berry PA. *AAOHN J.* 2007;51-56. **6.** Warshaw LJ, Burton WN, Schneider WJ. *Dis Manage Health Outcomes.* 2001;9:99-115.