

Table 2

Typical triggers for migraine

- Hunger/missing a meal
- Dehydration
- Sleep disruption – too much or too little sleep
- Hormonal changes in women – certain stages of the menstrual cycle, certain contraceptive pills, pregnancy and the menopause
- Periods of high stress
- Relaxation after stress
- Overexertion – physical and mental
- Environmental changes – bright lights, hot or humid weather, loud noises
- Alcohol – severe headache develops the next day
- Caffeine – excessive consumption of caffeinated drinks, which can be as little as two drinks daily, can lead to escalation of migraine attacks
- Dietary factors – cheese, citrus fruits. Often food cravings (part of a migraine attack) are confused with food triggers so diets of exclusion often unnecessary