

Lewis Headache Center

Lifestyle Management in Migraine



SEEDS for Success: Lifestyle Management in Migraine

Based on Robblee J, Starling AJ. SEEDS for success: Lifestyle management in migraine. *Cleve Clin J Med*. 2019 Nov;86(11):741-749. doi: 10.3949/ccjm.86a.19009. PMID: 31710587.

Lifestyle management is a component of care for migraine in addition to medication regimens. These can help reduce triggers and help manage migraine attacks. Remembering the “SEEDS for success” can help to better manage migraine.

S

SLEEP

Keep a regular bedtime and consistent sleep time

E

EXERCISE

Try to get 30 to 60 minutes of exercise three to five days a week

E

EAT

Eat regular meals throughout the day, and stay hydrated

D

DIARY

Keep a headache diary to find patterns, and share it with your HCP

S

STRESS

Try mindfulness exercises and breathing techniques to relax



Sleep

Getting enough sleep and ensuring good sleep quality is important in the management of migraine. Sleep disorders such as sleep apnea and insomnia can be associated with migraine. If you feel tired during the day, snore during sleep, or have been noted to stop breathing while sleeping, you should discuss this with your doctor, as they may order further testing.

Sleep hygiene is important, such as:

- Establishing a nighttime routine
- Maintaining a regular sleep schedule with consistent bedtimes and waking times
- Creating a healthy sleep environment
- Turning off electronics (phones, tablets, televisions) an hour before bed
- Limiting caffeine



Exercise

Aerobic exercise is an important part of a healthy lifestyle. It can be useful in migraine management as well, and a sedentary lifestyle can be correlated with migraine. We recommend getting 30-60 minutes of moderate to vigorous cardiorespiratory exercise three to five times per week. Though symptoms of a

migraine attack can limit activity, starting with lower intensity activity for less than 20 minutes can be beneficial as well.



Eating

Do not skip meals

There is no specific diet that is recommended for migraine. It is recommended that you do not skip meals, and you can try eating smaller meals more often. Skipping meals can be a trigger for migraine attacks. The Mediterranean diet can promote brain health, and one study showed that a diet high in omega-3 fatty acids and low levels of omega-6 fatty acids reduced migraine attack duration but not frequency or severity.

Some foods are thought to be a trigger for some patients, such as chocolate, MSG, or red wine. Studies have not shown that these foods directly cause migraine attacks. Specific food cravings can be part of the prodrome phase of migraine as well.

Ensure adequate hydration

Hydration is an important part of migraine management. It is not known if there is a specific amount of water that patients should drink. It is generally recommended that people drink seven to eight 8-ounce glasses of water daily to maintain hydration, and especially in Arizona, it is important to increase this in the summer.

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Limit caffeine intake

Caffeine intake is an important consideration, and it can improve headaches in some patients. Chronic caffeine use can lead to withdrawal and make headaches worse, so it is recommended that caffeine intake is limited to less than 200mg per day.



Diary

Keeping a headache diary can help in the management of migraine as it can aid in diagnosis, help to identify triggers, and monitor how effective medications and other treatments are. Some people keep paper diaries, such as printing out a calendar, and others prefer the convenience of electronic diaries. There are even apps that can help track migraine symptoms. Bringing this in when you see your doctor can be helpful to determine if treatments are helping or if changes need to be made.

Migraine Apps:

- Migraine Buddy
- Migraine Monitor
- N-1 Headache
- Bezzzy Migraine
- Headache Log
- Manage My Pain Pro
- Health Log



Stress Management

Stress and anxiety are correlated with migraine, and they are associated with lifestyle factors such as medication overuse, smoking, sedentary lifestyle, and obesity. There are many evidence-based techniques for stress management and anxiety that can be used in migraine, including cognitive behavioral therapy, biofeedback, mindfulness, and relaxation techniques.

Resources



Visit our website and try our online yoga videos:
BarrowNeuro.org/Centers-Programs/Migraine-and-Headache-Disorders/#resources

Dawnbuse.com

Check out the relaxation page

Apps

- Juva for Migraine
- Insight Timer
- Calm
- Headspace