

Migraines:

Avoid the following foods:

- Cheese
- Chocolate
- Caffeinated drinks

Sleep:

- Get regular sleep
- Try to maintain the same sleep and wake time everyday incl weekends

Drink adequate water and fluids – the urine should be colourless, not yellow

When headache begins:

- Take Advil (or whichever medicine you have been prescribed) as soon as you feel the headache
- Lay down to rest in a darkened room
- Switch off all noises – music, TV, etc
- Keep room door closed to keep out external noises