



# Sleep, Insomnia and Migraine

There is strong evidence to support that not enough or poor quality of sleep can trigger a migraine. There are many lifestyle factors you can address at home to help improve the quality of your sleep and decrease the frequency or severity of your migraines.

## Tips for successful sleep



Stick to a regular sleep schedule ... routine is key!



Avoid eating late in the evening



Avoid or limit caffeine, nicotine and alcohol; these are stimulants that can keep you awake



Get at least seven to eight hours of sleep per night



Do not eat, read, work or watch TV in bed ... reserve your bed for sleep only



If you can't fall asleep within 20 minutes, get up and do something nonstimulating and then try again to fall asleep



Do not watch TV or be on your phone or tablet within one to two hours of going to bed



Exercise at least 30 minutes daily. Try yoga!



Create a dark, quiet, optimal sleep area



Try progressive muscle relaxation or deep breathing before bed to help slow down the mind



Review your medications with your provider



Avoid napping during the day



Use visualization techniques to help you get to sleep faster



Discuss possibility of sleep apnea with your provider and referral for a sleep study and/or consult with a specialist if appropriate

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## References

Rashmi Halker, MD; Bert Vargas, MD; and David Dodick, MD. Sleep, Insomnia, and Migraine. (October 14, 2016). Retrieved from: <https://americanmigrainefoundation.org/understanding-migraine/sleep-insomnia-and-migraine/>

Emma Varkey, Asa Cider, Jane Carlsson, Mattias Linde. Exercise as migraine prophylaxis: A randomized study using relaxation and topiramate as controls. Cephalalgia. 2011 Oct; 31(14):1428-38.

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