

Hydration for Migraine

Meeting your hydration needs is a simple but powerful way to prevent your migraine attack.

Why

Dehydration is linked with attacks in 1/3 of people with migraine. Adequate hydration is also important for physical and psychological health, including preventing infection, improving sleep quality, and supporting cognition and mood.

What

Dehydration occurs when the body loses more water than it takes in. But every body is different. Achieving hydration for migraine involves knowing your own body's signs of dehydration and consistently meeting your specific hydration needs.

How

Assess your hydration needs. Then learn the signs of dehydration and see which ones are relevant for you. Use helpful tricks to meet your hydration needs consistently, avoiding the fallout of dehydration for migraine.

One study found that increasing water intake by 1.5 liters per day reduced patients' headache duration by 21 hours over two weeks.

Take the next step:

You can use your 2-week free trial of the Ctrl M Health app to provide guidance as you try out any of these action steps.

- Everyone's hydration needs are a little unique. Find yours with our **Hydration Assessment** activity.
- Review our **ID Signs of Dehydration** activity to familiarize yourself with the signs of dehydration and identify any that are relevant for you.
- Finally, take our **Hydration Challenge** to build your healthy hydration habit. Use our **Hydration Tips** to make it easier to stay consistent.

General guidance suggests women need about 11 cups and men need about 15 cups of water per day.

