

Lifestyle Changes for Migraine

What lifestyle changes help with migraine, and why do they work?

Why

Research shows making certain lifestyle changes can be as helpful for migraine as medication in reducing migraine frequency, intensity, or both. That's because migraine is a complex neurological disease, requiring a comprehensive, whole-body approach to manage it well.

What

The categories most impactful for migraine are good sleep, nutrition, hydration, exercise, stress management, and psychological health. A small change in any of these categories can improve health with migraine. Each person's unique strategies will differ to suit their unique migraine.

How

Small steps, applied consistently, lead to big change. First, learn more about the lifestyle behaviors most beneficial for migraine. Begin to explore and implement the ones that are most impactful for you. It will take time, consistency, and some trial and error, but with the right tools and support you *will* see the payoff.

Certain lifestyle changes have been shown to reduce migraine frequency and duration by 30 to 50 percent.

Take the next step:

Try one of these simple exercises daily for the next two weeks.

Stay Consistent

Try to keep the same sleep schedule every day, even on the weekends. The migraine brain likes consistency, **especially** when it comes to sleep.

Breathe

Regulate your nervous system through focused breathing: Take three to five minutes each day to breathe a little slower and a little deeper.

Move

Regular movement and exercise can be a powerful preventive for migraine attacks. Begin and end your day with ten minutes of gentle stretches based on what feels good for your body.

There is progress ahead. Explore the Ctrl M Health app with a free 2-week trial to see how lifestyle change and healthy activities can improve your migraine. Learn more: ctrlmhealth.com.

