

Sleep and Migraine

Find out how to make sleep your ally in managing migraine.

Why

Sleep and migraine have a close relationship. Getting good sleep can be the single most impactful lifestyle change you can make to improve migraine.

What

Obtaining restful, quality sleep isn't always easy. But the two most important aspects of sleep for migraine are getting enough sleep and maintaining a consistent sleep schedule.

How

Use a sleep diary for one to two weeks to start understanding your patterns. Your goal is to have your "sleep efficiency," which is the percentage of time you are in bed and actually sleeping, consistently at 85% or higher. Do this by focusing on the elements that are within your control.

Having migraine makes you 2 to 8 times more likely to have a sleep disorder.

Take the next step:

Take the next month to incorporate the following strategies consistently, using the recommended activities within the Ctrl M Health app.

Sleep Pattern

Monitor your sleep patterns for 1-2 weeks using our **Sleep Diary** activity and follow the instructions to determine your average total sleep time and sleep efficiency.

Sleep Window

Keep your sleep window consistent, including the same bed and wake times, even on the weekends. Your sleep window is the amount of time you sleep on average.

Chronotype

Try to match your sleep window to your chronotype, which is your body's sleep timing preference within a 24-hour period. Your suggested chronotype will be listed in the Sleep section of your **Wellness Plan**.

Action Items

To prime your mind and body for sleep, try our **Body Scan** or **Sleep Meditation** as part of your wind down routine before bed. If migraine is your primary barrier to good sleep, we suggest choosing the goal of *Managing the Effects of Migraine on Sleep* within our Sleep module.

Simply establishing a consistent bedtime and waking schedule has been shown to improve migraine.

There is progress ahead. Sign up for your free 2-week app trial to try these activities and more at ctrlmhealth.com.

