

SLEEP HABITS AND MIGRAINES

Did you know your sleep habits can help prevent migraine or headache pain? Use these tips to improve your sleep and manage pain.

- 1. Keep a regular bedtime and wake time.** Try not to deviate more than 60 to 90 minutes from your regular time.
- 2. Make your bed a sleep-only zone.** Avoid using electronic devices or napping in your bed during the day.
- 3. Store your electronics outside of the bedroom.** Designate a recharging space for your phone, tablet, and other devices in another room so you're not tempted to check them if you wake at night.
- 4. Maintain a bedtime routine.** Actions like changing into pajamas and brushing your teeth tell your body to get ready for sleep.
- 5. Make time to wind down.** Spend 20 to 30 minutes before bed doing something relaxing off-screen. This can include reading, listening to music, stretching, or having a cup of tea or a light snack. Doing this will set yourself up for a restful night.

Source: <https://americanmigrainefoundation.org/>



Limiting Caffeine

Other lifestyle habits, such as limiting caffeine, can also be helpful for quality sleep. If you have a poor night's sleep, you're often going to go for caffeine to help you stay awake during the day. However, overuse of caffeine can lead to headache, and if you are using caffeine too late in the day, that can lead to poor sleep.



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