

Lifestyle Tips to Manage Migraines

Part of migraine care is controlling things in your life that can contribute to headaches. Doctors use the acronym **“SEEDS”** to describe major lifestyle factors: Sleep, Exercise, Eating and Drinking, Diary, and Stress.



Sleep

- Consistent sleep and wake times are key.
- Avoid screens 2 hours before bedtime.



Exercise

- Make it a habit: Aim for 150 minutes of movement a week.
- Consider low-impact exercises like walking or cycling.



Eating and Drinking

- Have meals at regular times though the day.
- Drink enough water to keep your urine clear.
- Be aware of how caffeine and alcohol affect you.



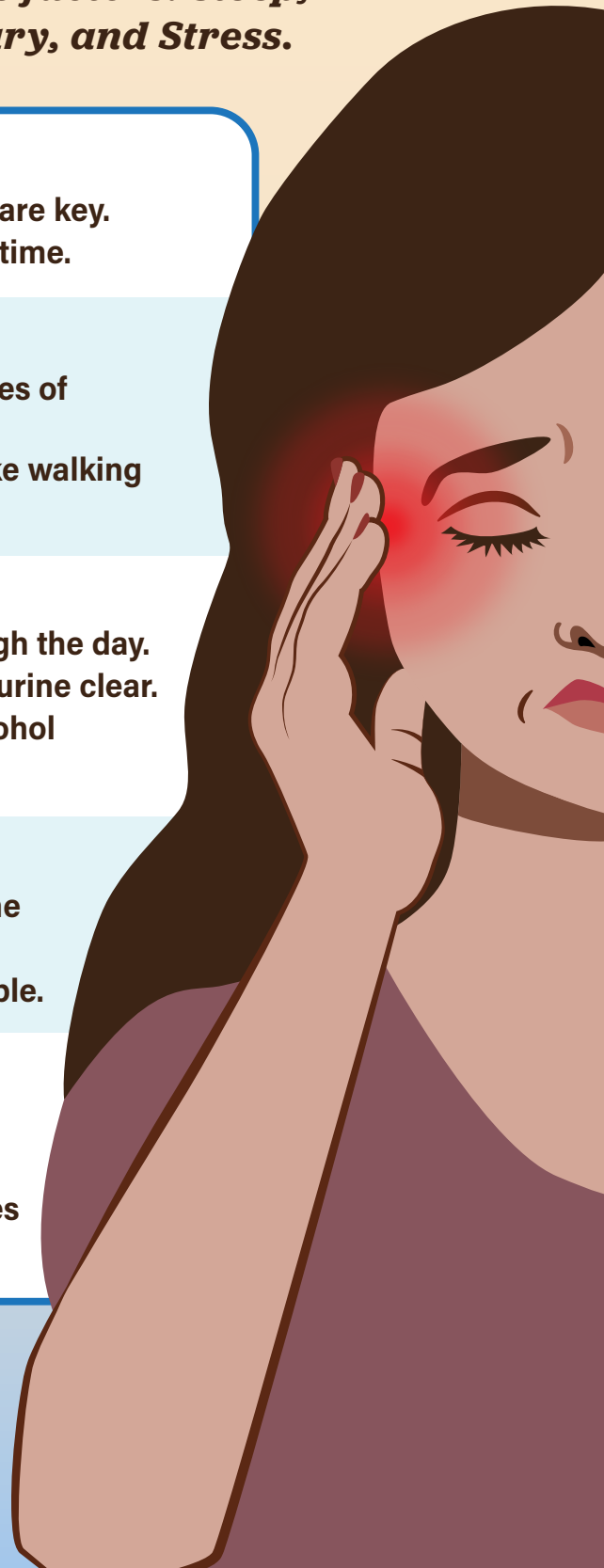
Diary

- Tracking helps your doctor find the best treatment.
- Your diary can be detailed or simple.



Stress

- Limit or avoid things that stress you out.
- Practice stress-busting techniques like breathing exercises.



Reviewed by Neha Pathak, MD, on 10/27/2022

SOURCES: *Cleveland Clinic Journal of Medicine*: “SEEDS for success: Lifestyle management in migraine.”
American Migraine Foundation: “Lifestyle Changes for Migraine Management.”