

# Migraine Headache Warning Signs

For some people, certain symptoms signal a migraine is on the way. These warning signs come in two phases, called **prodrome** and **aura**.



## Prodrome:

A few days to a few hours before a headache

**40%-60%**

of people with migraine go through a prodrome phase, which may include:

- Fatigue
- Yawning
- Blurred vision
- Nausea
- Mood changes
- Food cravings
- A stiff neck
- Sensitivity to light and/or sound
- Insomnia
- Thirst
- Constipation or diarrhea



## Aura:

1 hour to 5 minutes before a headache

**20%** of people

with migraine have auras, which bring symptoms like:

- Vision problems such as flashing lights or blind spots
- Tingling
- Numbness
- Muscle weakness
- Dizziness
- Problems with speech and language

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

SOURCES: Mayo Clinic: "Video: Migraine Aura." American Migraine Foundation: "Timeline of a Migraine." The Migraine Trust: "Migraine with aura."