

SMART Tips for Migraine

Living a healthy lifestyle can help you reduce migraine attacks. S-M-A-R-T is a good memory clue to easily remember the different ways you can manage your migraine.



<p>Sleep</p>	<p>Keep a regular bedtime routine with consistent sleep times (even on weekends)</p> <ul style="list-style-type: none"> • Limit naps • Avoid screen time 1-2 hours before bedtime • Aim for 9-11 hours of sleep each night <p><i>*If you have difficulty falling asleep, ask your parents to talk to your doctor about melatonin.</i></p>
<p>Meals (Nutrition and Hydration)</p>	<ul style="list-style-type: none"> • Eat consistent meals and don't skip meals (especially breakfast) • Snack as needed • Aim to drink half your bodyweight (in pounds) in ounces of water • Bring a water bottle to school to ensure consistent hydration throughout the day • Dilute any high sugar electrolyte drink with water
<p>Activity</p>	<ul style="list-style-type: none"> • Limit screen time to 2 hours or less per day • Aim for at least 30 minutes of physical activity 3-5 days per week. Your heart rate should be raised. <p><i>*You may increase duration and intensity of exercise as tolerated.</i></p>
<p>Relaxation</p>	<ul style="list-style-type: none"> • Use relaxation training and biofeedback programs that reduce stress and/or anxiety. These include mindfulness apps, deep breathing techniques and yoga. • Practice counter-stimulation using a strong (more tolerable) stimulus during a migraine attack to distract from pain and break pain cycle. For example, use a cold ice pack on your forehead or the back of your neck, or put a strong mint or sour candy on your tongue.
<p>Triggers</p>	<ul style="list-style-type: none"> • Recognize and eliminate triggers including dietary, environmental, medical, physical and behavioral. For example, specific foods, irregular meals, odors, weather changes, stress, poor sleep habits, etc. • Keep a headache log to identify triggers and track response to the above factors.