

Headache Management

1. Obtain regular sleep, avoid naps to help maintain a good sleep schedule, and do not change sleep pattern on weekends and vacations. (3-5 year olds should get 10-13 hours per day; 6-12 year olds should get 9-12 hours per day; 13-18 year olds should get 8-10 hours per day)
2. Do not skip meals, especially breakfast, and do not go too long between meals.
3. Drink at least 8 glasses of water or 64 oz each day.
4. Avoid soft drinks, caffeine, and processed foods.
5. Avoid over scheduling, as the headache may be telling your body to slow down.
6. Exercise daily.
7. Limit screen time.
8. Keep track of headaches to identify triggers and patterns. Try using the Buddy Migraine App as a tracking tool.
9. Give pain medication at first sign of headache:
Acetaminophen/Ibuprofen
10. Avoid overuse of pain medication.
11. Add magnesium 400mg daily and riboflavin 100mg daily (can be increased to 400mg-makes urine bright yellow) for headache prophylaxis if using pain medication more than 3 times per week.
12. Try an alternative treatment to medication such as yoga, meditation, and biofeedback.
13. Check in with your emotions: anxiety, stress, depression can cause headaches. Consider a counselor if this may be the case.
14. If headache comes on very suddenly, is the worst headache of your life, has associated weakness, trouble talking or vision changes, go to ER.
15. If you wake with progressively worse headaches each morning, go to the ER.