# Headache Hygiene Tips

Headache may be triggered or worsen with certain types of foods, activities, medications, or stress. Below is a list of possible ways to make a few modifications to your lifestyle that may significantly impact the frequency of headaches.

| Get Regular Sleep               | • Go to bed and wake up at regular times each day  
|                                | • Do not sleep excessively on the weekends and too little on the weekdays  
|                                | • Most adults need approximately 6-8 hours of sleep per night  
| Eat Regular Meals               | • Low blood sugar can trigger a headache  
|                                | • Eat regular meals three times each day including protein, fruits, vegetables and carbohydrates  
|                                | • Too much sugar may lead to a rapid increase in blood sugar followed by a rapid decline in blood sugar, which can trigger a headache  
| Get Moderate Amounts of Routine Exercise | • Moderate exercise three to five times each week will help reduce stress and keep you physically fit  
|                                | • Too much exercise or inconsistent patterns of exercise may trigger headache  
| Drink Plenty of Water           | • A normal adult should drink plenty of water throughout the day  
|                                | • Dehydration may cause headaches  
| Limit Caffeine, Alcohol and other Drugs | • Caffeine is a stimulant and caffeine withdrawal may cause headaches when blood levels of caffeine taper  
|                                | • Alcohol may be a trigger for headaches and alcohol in moderation may reduce the number of headaches  
| Reduce Stress                  | • Stress may lead to an increase in headache  
|                                | • Relaxation and stress management may help reduce headaches  

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