

3 Migraine Fundamentals to Help Your Headache.



The migraine brain thrives with consistency. Start building your migraine resistance today with these three fundamentals of headache and migraine care.



Go to bed at the same time every night.

Of all the healthy routines for headache and migraine, the one with the biggest potential impact is giving yourself the consistent sleep patterns your body wants. Getting quality sleep isn't easy, since sleep and migraine don't always play nicely together. But even a small change in your sleep habits can make a meaningful difference in reducing migraine.

Start tonight by getting to sleep at the same time, each and every night, for two weeks.



Drink water.

The brain is about 75 percent water. Maintaining that balance is a huge protective factor against headache and migraine attacks. Research shows that even mild dehydration results in a loss in concentration and cognitive ability, and a rise in fatigue. For people with migraine, that water imbalance also paves the way for attacks.

Women need about 11.5 cups of water each day, and men about 15.5 cups. When in doubt, let thirst be your guide.



Eat at regular intervals.

Research shows that going for a long stretch of time without food is a migraine trigger. Remember, the migraine brain likes consistency, and that goes for nutrition as well. When you skimp on breakfast after not eating all night, or skip lunch because you don't have time, you're robbing yourself of protective factors.

Do your brain a favor by eating regular meals and healthy snacks.

You can do this! A little bit everyday will build your protection against migraine and put control within reach. For more valuable information about headache and migraine, read our free library of physician-reviewed articles in our [Ctrl M Health Knowledge Portal](#).