

Common Headache Triggers

Many headaches are caused by outside factors, sometimes known as triggers. The following list contains some of the more common headache triggers. Please read it carefully. It may help to increase your awareness of the foods you eat or the amount of sleep you get to uncover triggers of your own headaches. Please list anything that you suspect may be triggering or contributing to your headaches on your headache diary.

Dietary:

- Foods or beverages containing caffeine
- Chocolate
- Aged cheese
- Alcohol
- Hot dogs or bacon containing nitrates (a preservative)
- Foods containing monosodium glutamate (MSG), such as Chinese food
- Ice cream
- Skipping meals

Sleep:

- Too much
- Too little
- Napping

Hormonal:

- Menstruation
- Birth control pills

Emotional:

- Stress
- Anxiety

Environmental:

- Bright light
- Weather changes

Headache Diary

Name:		DOB:
Date:	Date:	Date:
Triggers:	Triggers:	Triggers:
Time Begun:	Time Begun:	Time Begun:
Time Ended:	Time Ended:	Time Ended:
Type of Pain: eg, piercing, throbbing, etc.	Type of Pain: eg, piercing, throbbing, etc.	Type of Pain: eg, piercing, throbbing, etc.
Intensity of Pain: Circle one Low 1 2 3 4 5 6 7 8 9 10 High	Intensity of Pain: Circle one Low 1 2 3 4 5 6 7 8 9 10 High	Intensity of Pain: Circle one Low 1 2 3 4 5 6 7 8 9 10 High
Location: eg, between eyes, back of head, etc.	Location: eg, between eyes, back of head, etc.	Location: eg, between eyes, back of head, etc.
Treatment or Medication Taken:	Treatment or Medication Taken:	Treatment or Medication Taken:
Effect of Treatment:	Effect of Treatment:	Effect of Treatment:
Hours of Sleep Previous Night:	Hours of Sleep Previous Night:	Hours of Sleep Previous Night:
Foods/Beverages:	Foods/Beverages:	Foods/Beverages:
Events Prior to Headache: eg, strenuous activities, elevated stress, etc.	Events Prior to Headache: eg, strenuous activities, elevated stress, etc.	Events Prior to Headache: eg, strenuous activities, elevated stress, etc.
Comments:	Comments:	Comments: