

Many headaches are caused by outside factors, 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 you suspect may be triggering or contributing to your headaches on your headache diary.

**Dietary.**

- Foods or beverages containing caffeine:
- chocolate
- aged cheese
- bananas
- avocados
- nuts
- yeast
- alcohol
- sugar substitutes
- hot dogs or bacon containing nitrites (a preservative)
- foods containing monosodium glutamate, 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

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# Headache Diary

<i>Date/ Time of Day</i>	<i>Where did you feel the pain?</i>	<i>How did the pain feel? (Throbbing, stabbing, dull, sharp)</i>	<i>What may have triggered your headache? (See list of possible head- ache triggers)</i>	<i>Method of relief</i>	<i>How long did the pain last?</i>
					
					
					
					
					
					
					