



## Southlake Neurology & Neurophysiology Clinic, PLLC

General Neurology  
Sleep Medicine  
Clinical Neurophysiology

Vascular Neurology  
Neurosonology  
Neurodiagnostics

### Common migraine triggers

**Stress** of any type either during a stressful time or right after stress subsides. Underlying depression or even anxiety can lead to all types of headaches not just migraines. Most chronic headache patients suffer from some type of depressive or anxiety disorder.

**Menstrual cycle in women.** Migraines can occur right at the outset of the cycle, the middle of the cycle, or at the end of the cycle

**Too much or too little sleep.** Sleep deprivation is a major trigger for migraine headaches. It can also trigger other types of headaches including tension headache or sleep deprivation headaches.

**Fasting or skipping meals.** The skipping meals will cause your blood sugar to drop rapidly and the sudden drop in blood sugar will trigger a migraine.

**Changes in barometric pressure and weather.**

**Bright light or reflected sunlight.** When you go out in the sun you should always have sun glasses on.

**Foods such as chocolate.** Chocolate is a major trigger of migraine headaches. If you have ongoing migraines you should avoid chocolate as much as possible

**Excessive caffeine or caffeine withdrawal.**

**Smoking or being around someone who smokes.**

**Physical exercise.** Physical exercise can also trigger migraine headaches. Physical exercise typically helps tension-type headaches.

**Alcohol,** such as red wine and port is a major trigger of migraine headaches.

**Aspartame,** an artificial sweetener that is found in diet sodas, light yogurts, and other sugar-free foods.

**Monosodium glutamate (MSG),** a seasoning that is often found in Chinese cooking.

**Nitrates,** which are found in cured meats such as hot dogs, bacon, and cold cuts.

**Tyramines,** which are found in pickled or marinated foods, aged cheeses, and yeast. Aged cheese is a major trigger of migraines.

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