

Table 1. Summary of dietary and physiologic migraine triggers.

Migraine Triggers	Recommendations
Stress (conflict at home/work, death of relative, physical pain, infection, other illness, etc.)	<ul style="list-style-type: none">• Exercise, start with 5-7 minutes, gradual a few minutes/week increase, goal 25-30 minutes 4-5 times a week• Practice guided meditation
Sleep (too much sleep, too little sleep, interrupted sleep, shifting sleep schedule, different sleep schedule on weekends, etc.)	<ul style="list-style-type: none">• Maintain the same regular sleep schedule on weekdays and weekends (do not sleep in on weekends)• Sun exposure for 15 minutes in the first 2 hours of the day in the morning• Using guided meditation on nightly basis before sleep• Avoid looking at screens and turn lights down 1 hour prior to sleep to not suppress melatonin secretion• Treat sleep apnea (if diagnosed)
Diet (skipping meals, eating certain foods, and dehydration)	<ul style="list-style-type: none">• Maintain a strict eating schedule by eating at the same time daily for three meals, even if not hungry• Drink at least 2 liters (≥67 oz.) of water per day, more with exercise or when outdoors in hot weather• Follow the migraine diet by eliminating caffeine, avoiding byproducts of food aging or fermentation (beer, wine, aged cheeses, yeast, etc.) which contain tyramine (also in overly ripened fruit (soft fruit) or dried fruits, processed protein/meat (hot dog, lunch meat, etc.), monosodium glutamate (soy sauce, frozen or canned foods, pickled foods, chips, salad dressings, etc.) and histamine-containing foods (nuts and citrus fruits)