



# Sleep Checklist For Migraine

Sleep is an essential ingredient in migraine management. The brain requires sleep to perform essential self maintenance to optimize brain health. Chronic lack of sleep is associated with several diseases and disorders. Below is a helpful checklist to improve your sleep for someone with migraine:

- Regular Bed Time:** Go to bed between 10-11pm as a routine. This is where our natural rhythms are optimal for sleep.
- Avoid Stimuli:** avoid watching TV or using the tablet, computer or phone around bedtime. These screens contain blue wavelength light which stimulate the brain and interfere with sleep.
- Melatonin:** Consider trying melatonin 3 mg each night 30 mins before bed. There is some evidence to support it's use in migraine.
- Keep Bedroom Dark:** ensure your bedroom remains as dark as possible whilst asleep. Cover up light sources and cover windows with light blocking drapes.
- Keep Bedroom Cool:** it's easier to fall asleep in a cool bedroom.
- Limit Daytime Naps:** to no more than 20 mins.
- Don't Eat Or Drink Too Much Before Bed:** the last meal should ideally be eaten 4 hours before bed. Avoid excessive fluids 2-4 hours before bed.
- Avoid Alcohol & Caffeine Before Bed.** Alcohol greatly reduces the quality of sleep even though it may be easier to fall asleep. Caffeine should not be taken within 8 hours before bed.
- Try Magnesium:** Magnesium is a natural way to help relax muscles in the body and improve sleep. Many migraine patients are deficient in magnesium. Use a chelated form of magnesium such as magnesium glycinate. Suggested starting dose is 200 mg morning and night (400 mg per day).
- Move During The Day:** Movement and exercise works in multiple ways to assist with sleep. In addition to tiring your body, it helps relive stress, balance oxygen levels, metabolic processes and has beneficial effects on neurotransmitters and hormones.
- Sleeping Position:** avoid lying on your stomach which can create neck issues. Neck issues can aggravate migraine.
- Duration:** 8 hours of sleep each night is ideal for most people.
- Check For Sleep Apnea:** this is a common commodity with migraine.

This guide is for informational use only and is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your health care professional for a medical condition.