

Table 1. Common Migraine Triggers	
Category	Examples
<b>Stress</b>	Conflict at home/work, death of relative, physical pain, infection, other illness, COVID etc.
<b>Sleep</b>	Obstructive sleep apnea, too much sleep, too little sleep, interrupted sleep, shifting sleep schedule, different sleep schedule on weekends, etc.
<b>Diet</b>	Skipping meals, eating certain foods, and dehydration
<b>Hormonal changes</b>	Perimenopausal changes, menstrual cycle, oral contraceptive, testosterone supplementation
<b>Overstimulation</b>	Loud sounds, atmospheric pressure changes, bright lights, head or visual motion, etc.