

Triggers Checklist & Quick Guide

Common migraine triggers to watch, plus when to reach for cold vs. heat.

Common triggers to track

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|---|--|
| <input type="checkbox"/> Stress / let-down after stress | <input type="checkbox"/> Too little (or too much) sleep |
| <input type="checkbox"/> Dehydration | <input type="checkbox"/> Skipped or late meals |
| <input type="checkbox"/> Caffeine (too much or withdrawal) | <input type="checkbox"/> Alcohol, especially red wine |
| <input type="checkbox"/> Hormonal changes / menstrual cycle | <input type="checkbox"/> Weather or barometric pressure shifts |
| <input type="checkbox"/> Bright, flashing or flickering light | <input type="checkbox"/> Long screen time / eye strain |
| <input type="checkbox"/> Strong smells or perfume | <input type="checkbox"/> Aged cheese, cured meats, MSG |
| <input type="checkbox"/> Chocolate | <input type="checkbox"/> Loud noise |

Cold vs. heat - which to use

COLD (freeze)

For pounding / pulsing migraines, sinus pressure and puffy eyes. Cold narrows dilated vessels and numbs the area.
~15-20 min, fabric between gel and skin.

HEAT (microwave)

For tension headaches and tight neck / shoulder muscles. Warmth relaxes muscles and boosts circulation. Warm, never hot - 15-25 sec bursts.

Get relief in 3 steps

1. Chill it or warm it - freeze the cap 1-2 hrs, or microwave 15-25 sec.
2. Slip it on - snug 360 contact; keep the eye mask on for darkness or detach it.
3. Rest 15-20 minutes in a dark, quiet room. Act early - the sooner the better.

Full guides at easeessencerelief.com/blog