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Headache diary

This sheet has been designed to help you create a diary to record factors associated with your headaches. This sort of diary can often help people to recognise patterns in their headaches, and this can help to discover causes and in turn assist in preventing headaches in the future. The following guidelines may help you to complete the diary.
Enter every headache you experience in the table below. Intensity ratings can be graded as: mild, moderate, severe, very severe. In the next column state if you have to rest or stop work because of the headache. Tick any of the "triggers" that describe your activities before the headache. "Hormonal" refers to certain times in women's monthly cycle; "flickering" refers to flickering fluorescent lights, discos, or lights flickering through, for example, trees; "patterns" refers to striped patterns. When you have completed the table, if any frequent triggers become apparent then try avoiding these. If visual stimuli (flickering, patterns, reading) are triggers then precision tinted lenses may help. At Brown and White Opticians we have a special instrument, the Intuitive Colorimeter, to test for these; please telephone for an appointment.

							Triggers													
Date	Time	Intensity mild, moderate, severe, very severe	Had to rest? yes/no	Name of medicine taken	Dosage	Time to relief	Hormonal	Stress	Noise	Tiredness	Smells	Chocolate	Cheese	Other food	Red wine	Caffeine	Other drinks	Flickering	Patterns	Reading	Comments