

Don't skip **meals:**

Blood sugar levels can drop and trigger a headache.

2 Stick to a regular **sleep** schedule to help regulate your biological clock and reduce stress.



3 Stay **hydrated** by drinking plenty of water throughout the day.

HEALTHY TOP TEN

If you suspect you may be grinding your teeth (**bruxism**), talk to your dentist.

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Stop Headaches Before They Start

6 Watch for dietary **triggers** such as cured meats, foods with MSG, red wine and foods fermented, pickled or marinated.

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5 **Limit** chocolate, citrus and ripened cheeses if you find that these cause headaches for you.

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7 Don't quit **caffeine** abruptly — gradually ease off.

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8 Take headache **medicines** as directed and avoid overuse.

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9 Keep a **diary** of when your headaches hit and what you were eating or doing that day to avoid possible headache triggers in the future.

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10 Reduce **glare** around computer screens and from windows.

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