**Common Migraine Triggers**

* **Diet** 
  + Low blood sugar/not eating
  + Alcohol
  + Chocolate
  + Caffeine
  + Nitrates
  + MSG
  + Aspartame/Nutrasweet/Saccharin
* **Sleep**
  + Too much or too little
  + Schedule change
* **Hormonal Changes**
* **Environmental Factors**
  + Light glare
  + Odors
  + Altitude/Changes in barometric pressure
* **Physical Exertion**
  + Exercise
  + Sex

**Head Trauma**