**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**