



2026 INTERVIEW SUMMARY SHEET

SPEAKER

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TOPIC

How Location & Lifestyle Influence Migraine Triggers

TITLE & ORGANIZATION

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KEY TAKEAWAYS

- Stress and sleep are the most common migraine triggers globally, regardless of culture or environment.
- Migraine attacks often occur when multiple triggers combine to push a patient over their neurological threshold.
- Preventive treatments like CGRP inhibitors can raise the brain's threshold, potentially allowing patients to engage in activities that were previously triggers.
- Symptoms like hunger, photophobia, and neck tension can be part of the prodrome (early) phase of migraine rather than the triggers that started the attack.

KEY TREATMENTS

- Cognitive behavioral therapy (CBT)
- CGRP monoclonal antibodies (mAbs)
- Hydration
- Lifestyle Management
- Relaxation

NOTABLE QUOTES

"It's important that stress itself can cause [a] trigger, but relief from stress can also cause [a] trigger. And the same thing can be said with sleep. Lack of sleep can trigger migraine, and also oversleep can trigger migraine as well."

PRACTICAL STEPS

- Stick to the same wake-up and sleep times every day, including weekends, to avoid "let-down" headaches or oversleep triggers.
- Maintain hydration, especially during periods of fasting or extreme weather changes.
- Focus on controlling what triggers are manageable (e.g., sleep, meals) to keep the overall threshold high.
- Talk to a specialist about whether preventive medication could help raise your trigger threshold.
- Track whether a perceived trigger is actually a pre-headache symptom of an attack that has already begun.