

Vestibular Migraine Diary

There are a lot of benefits in keeping a migraine diary. The objective of a migraine diary is to provide your Doctor with information about your diet and lifestyle. A high number of our readers have also used the diary to identify their triggers. You may find that your vestibular Migraine symptoms are more noticeable on the weekends and this could be linked to a change in sleep cycles or your weekend diet.

With support from our readers and health care experts we have identified the essential 8 bits of information to record each day.

Date: The date of the information will help you to keep track, especially if you forget to input data it can be easier to catch up

Time you woke up/quality of sleep: this section will provide information to see if there are any links between your sleep and symptoms

Breakfast/Lunch/Dinner/Snacks: is where you record anything you have eaten or drank and if you can make a note of the times.

Activities: this section should be a long list of what you have done in the day. This could include; walking to the shops or working from home. It's important to record this information to see if any activities in particular triggers your symptoms.

Symptoms: It's important to track your symptoms especially over the course of a few months. Please also include any none vestibular migraine symptoms

Medication; list any prescribed and non prescribed medication for the day

Water: it's so important that we gave it its own column. Please list your water intake in litres. Please speak with your Dr about how much water you should be drinking on a daily basis.

Time you went to sleep; this section will enable you to track how many hours of sleep you get a night.

Notes; in this section you can note any other factors which could support your Doctor in identifying patterns in your migraine symptoms. We ask for women to record information about menstrual cycles here.

Date	Time you woke up and quality of sleep	Breakfast/L unch/Dinne r/Snacks	Activities	Symptoms	Medicatio n taken today	Water intake	Time you went to sleep	Notes

Vestibular-Migraine.com is a community founded and community funded platform with a mission to raise awareness of Vestibular Migraine and encourage health care specialists to research potential cures. We are 100% reliant upon donations and receive no grants or support from any governments or charities. If you would like to donate please visit our homepage or email us at

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