

# Caffeine Headache Location Chart

## Instructions:

Use this chart to document and analyze the specific areas where caffeine headaches may occur.

Headache Type	Location	Description
Tension Headache	Forehead or Back of the Head/Neck	Dull, steady ache often associated with muscle tension.
Migraine Headache	One or Both Sides of the Head	Throbbing pain accompanied by nausea, light sensitivity, aura.
Cluster Headaches	Around One Eye or One Side of Face	Severe, recurring pain, often accompanied by nasal congestion.
Sinus Headache	Forehead, Cheekbones, Bridge of Nose	Pain associated with sinus congestion or infection.
Caffeine Withdrawal Headache	Varies	Throbbing pain, fatigue, irritability upon caffeine withdrawal.

<b>Name:</b>	
<b>Age:</b>	
<b>Headache Type:</b>	
<b>Location:</b>	
<b>Description:</b>	
<b>Characteristics:</b>	

## Notes:

**Moderation is Key:** Be mindful of your caffeine consumption to maintain a balance that minimizes the risk of headaches.

**Gradual Reduction:** If considering reducing caffeine intake, do so gradually to minimize withdrawal headaches.

**Personal Observation:** Regularly update the chart based on personal observations and experiences.