Migraine Diary

Name: Emily Carson **Age:** 32 **Date:** December 17, 2023

Migraine occurrences		
Date: December 5, 2023	**Time started:** 3:45 pm	**Time ended:** 8:30 pm
Description: Throbbing pain on the left side of my head, worsened with movement.	**Intensity of pain:** ☐ Mild ☐ Moderate ☑ Severe	**Location:** ☐ Front ☐ Back ☑ Left side ☐ Right side ☐ All over
Symptoms accompanying headache: ☑ Nausea ☑ Vomiting ☑ Visual disturbances e.g. auras ☐ Light sensitivity ☐ Sound sensitivity ☐ Sensory sensitivity (e.g. smells) ☐ Dizziness ☐ Others:	**Potential triggers:** ☐ Lack of sleep ☑ Stress ☑ Missed meal ☐ Alcohol consumption ☐ Caffeine consumption ☐ Weather changes ☐ Hormonal changes (e.g. menstrual cycle) ☐ Strong smells ☐ Others:	
Medication taken, time, and dosage: Sumatriptan, 4:00 pm, 100 mg	**Relief:** ☐ Complete ☑ Partial ☐ None	
Additional notes, observations, and recommendations		
Drinking water seemed to help slightly. Rest in a dark room was necessary. Pain relief was partial, and symptoms lasted for several hours.		