



HEALTHY HABITS FOR MANAGING HEADACHES

Headaches are one of the most common symptoms after concussion. In the first few weeks after a concussion any activity that makes a headache or other concussion symptoms worse should be limited. If your headaches continue overtime, with guidance from your healthcare provider, you might be able to prevent them by making some simple changes.

Maintain good sleep habits:

- Get a good night sleep:
 - If you are 6–12 years old: 9–12 hours a night
 - If you are 13–18 years old 8–10 hours a night
- Get consistent rest: Go to bed and wake up about the same time every day - including on the weekends.
- Avoid or limit your use of electronics (phone, laptop, tablet) in bed. Turn them off completely 30 minutes before bedtime.
- Don't eat big meals before bedtime.
- Keep your bedroom cool and the room quiet and dark.

Learn more about healthy sleep habits:

- [CDC sleep hygiene](#)
- [Sleep in Middle and High School Students](#)
- [10 Tips to Help Your Teen Sleep Better](#)
- [Sleep and Health](#)

Helpful tips to lessen a headache:

- Rest in a cool dark place.
- Put an ice pack on the area that hurts
- Try aromatherapy

Learn more about coping strategies:





ONTRACK – TIP SHEET

- [Complementary Therapies and Coping Tools](#)

Reduce stress

- Yoga, deep breathing, and relaxation exercises may help reduce stress and tension.

Learn more about how to reduce stress:

- [5 Best Kids Yoga Videos on YouTube](#)
- [Yoga for Lowering Stress](#)
- [Practice Mindfulness With Belly Breathing](#)
- [Relaxation Exercises: Breathing Basics \(For teens\)](#)
- For tips on practicing tensing and releasing muscles and other ideas for managing pain see [Biobehavioral Strategies for Pediatric Pain](#)

Avoid common headache triggers:

- Avoid caffeine (energy drinks, coffee).
- Avoid artificial sweeteners, like those in diet sodas.
- Drink plenty of water throughout the day to prevent dehydration.
- Eat regular meals, including breakfast and snacks, to prevent low blood sugar, which can trigger headaches.

Stay in contact with your healthcare provider if headaches persist.

Learn more about headaches after concussion:

- [Headaches after Concussion](#)
- [Headache Relief Guide](#)

