



migraine
friendly
workplace

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EMHA

MIGRAINE

PROMOTING HEALTH IN THE COMPANY: SLEEP MONITORING

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Your health is
our *priority*

Control of the *sleep cycle*

The sleep/wake cycle follows a circadian rhythm and can vary from person to person. Proper regulation will prevent repercussions on health and, especially, improve your control of Migraine.

Maintain a regular sleep cycle and you will avoid repercussions on your health and your migraine.

In sleep and its adjustment to circadian rhythms, both the quantity and quality of sleep are important. People who suffer from migraine are equally affected by both excess and lack of sleep.

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There are many ways you can learn to maintain proper control: avoid mood swings, manage stress effectively, avoid stimulants, and maintain a healthy lifestyle.

Some people with migraine can predict their attacks by paying attention to changes in their sleep cycle.

One of the most effective treatments for migraine is to sleep well and regularly.

TIPS:

- Always stick to the same routine. Keep a pleasant and relaxing environment.
- Avoid exciting substances or circumstances before bedtime.
- Use natural, non-pharmaceutical alternatives to help you sleep well.



People who suffer from migraine are more likely to experience sleep disorders, especially insomnia and any other disruption of the sleep/wake cycle: difficulty falling or staying asleep, nighttime awakenings, poor sleep quality...

VICIOUS CIRCLE

Sleep disorders trigger migraine attacks, and migraine causes disruptions in the sleep cycle.

Some simple *tips* to help you

01

Try to go to bed and wake up at the same time every day, keeping your schedule as regular as possible.

02

Avoid working or stressful situations in the hours before going to bed, and do not use electronic devices: computer, tablet, mobile phone...

03

Avoid intense physical activity or high-demand exercise in the hours leading up to bedtime. Instead, turn to relaxation techniques.

04

Avoid heavy dinners, as well as fasting and consuming coffee, tea, colas, or stimulating beverages. If you find that you cannot manage your sleep cycle on your own, consult your occupational doctor.

