



## Main Features of a Migraine

by NEWLIFEOUTLOOK TEAM

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### Common Migraine Symptoms

If you experience nausea during your migraine, you need to know what you can do to make sure that you're caring for the migraine as best as you can even if you need to be sick. If you can, avoid turning on a bright light in the bathroom when you're sick. This can make the pain a lot worse. Having a bucket ready in a dark room is an ideal situation, since you won't expose yourself to darkness or risk becoming sick before you make it to the bathroom. The room you're in should have a bed. Eventually, you will be able to sleep when your body becomes tired enough after coping with the pain and nausea. You might still have a migraine when you wake up, but it's likely that it won't be as severe as when you went to sleep. The medication that you've been taking should help to dull the pain by the time you wake up.



There are several types of migraine headache, but most are characterized by severe pain on one or both sides of the head, nausea, visual disturbances, dizziness, and other symptoms.

Doctors believe migraines are caused by dilation and constriction of the blood vessels in the head.

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Symptoms of a migraine attack may include heightened sensitivity to light and sound, nausea, auras (loss of vision in one eye or tunnel vision), difficulty of speech and intense pain predominating on one side of the head.