NEVADA HEADACHE INSTITUTE

8285 WEST ARBY AVENUE, SUITE 320   PHONE: (702) HEADACHE
LAS VEGAS, NEVADA 89113   (702) 432-3224
WWW.NEVADAHEADACHE.COM   FAX: (702) 749-7146

KEEPING A REGULAR SCHEDULE

In the hustle and bustle of daily life it is easy to skip meals, make unhealthy fast food choices, fall asleep watching television, quit making time to exercise and have difficulty maintaining a daily schedule. All of these choices can lead to poor headache health. Although it may seem hard to do, building a daily routine can make a big difference when managing headache. The following tips may help establish and maintain a healthy daily schedule.

1. **Have healthy foods readily available at home and at work**
   - Stock your kitchen with easy-to-eat raw vegetables (baby carrots, apple slices) and hummus, fruits (bananas, oranges), or a container of raw almonds and raisins (versus a muffin or cookies)

   - If you like carbs, consider whole grains and "slow burning" foods like brown rice, wild rice, and rolled oats that keep you full and productive for longer stretches.

2. **Prepare meals before your shift**
   - Experiment with crock pot meals (slow cookers) or try freezing portion sizes of your favorite healthy meals for easy access when you don't have time to cook

3. **Bring your own food to work**
   - You're more likely to eat healthily if you pack your own meals rather than eating foods from restaurants, take out counters or vending machines

4. **Eat small, frequent meals as opposed to large heavy ones**
   - Heavy meals often have more calories than most people need in one sitting and can make you feel sluggish or tired while on the job

5. **Sit down to eat**
   - Eating on the go or in front of a computer encourages mindless snacking

6. **Moderate your caffeine consumption**
   - Limit caffeine intake four to five hours before the end of your shift (caffeine stays in your body for 4-8 hours) to help your body wind down for home and relaxation

7. **Drink plenty of fluids**
   - Your body often signals hunger and thirst in the same way.

   - Bring a water bottle to work and fill it often. Infuse your water with fruit or a citrus slice for an added flavor boost without the calories

8. **Get the sleep you need**
   - People who sleep the recommended seven to nine hours each day are healthier, fitter, and less likely to suffer from obesity or other health issues than those who don't sleep well