



Apps for Managing Migraines

If you have a smartphone, you probably have apps for everything from weather to grocery shopping. If you experience migraines, you may want to add at least 1 more to your screen: **a migraine app**.



Today, apps are available to help you track your migraine attacks and record your symptoms. You can monitor migraine triggers, share data with your doctor, and much more. Stress relief, meditation, and sleep apps can also help you prevent migraine. Several helpful apps are highlighted below.

▶ Headache Diary Apps

Track your symptoms and gather information with these apps.

■ Migraine Buddy

Available for iOS and Android. One of the most popular migraine apps, it includes a virtual support group for people with migraine.

app.migrainebuddy.com

■ iHeadache

Available for iOS. This simple-to-use app was created with the help of scientific experts.

iheadache.com/ap-apps.html

■ Headache Diary Pro

Available for Android. The authors of a scientific paper on headache apps mentioned how much they liked the large number of different headache factors you can track with this app.

www.froggyware.com/headache-diary

▶ Relaxation Apps

Stress relief, including meditation, can help migraines. You can use an app at stressful moments, or set a timer to remind you to use it for daily relaxation.

■ Headspace

Available for iOS and Android. This app helps you start meditating by doing just 10 minutes a day for 10 days.

www.headspace.com/headspace-meditation-app

■ Relax and Rest Guided Meditations

Available for iOS and Android, this app includes guided meditations and relaxation exercises that take from 5 to 24 minutes so you can find one to fit into your day.

www.meditationoasis.com/relax-and-rest-app

■ Pacifica

Available for iOS and Android, this app uses the principles of cognitive-behavioral therapy to help you cope with negative thoughts that cause migraine-triggering stress.

www.thinkpacific.com

■ Sleep Time

Available for iOS and Android, this app analyzes your sleep patterns. It can even help you choose the best bedtime and start winding down each evening.

www.azumio.com/s/sleeptime/index.html

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