

# BE PREPARED

- Visit your primary care physician before leaving for school.
- Schedule doctor's visits during holiday breaks while at home.
- Select a doctor or healthcare facility you can visit at school.
- Have your digital medical records and insurance cards available.
- Create an emergency plan - inform a roommate, friend, or R.A. of how they can help you in an emergency situation.
- Have an emergency contact list.
- Keep a list of all the medications you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.



For over 50 years, the National Headache Foundation has been focused on elevating the awareness of headache and migraine as a legitimate neurologic disease.

Migraine University© provides valuable resources for students, educators, and administrators navigating headache and migraine disease during their campus experience.



## CONTACT US

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National Headache Foundation



# THE PROCESS

The Individuals with Disabilities Education Act (IDEA), which governs special education services in K-12, does not extend to colleges. Therefore, IEPs/504 Plans essentially "expire" after high school.

Instead colleges usually issue a Letter of Accommodation (LOA) created by their disability services office, which students must provide to their professors. The process, document names and accommodations may vary by college.

## ACCOMMODATIONS

- Extended time to complete exams.
- Access to an alternate testing space (quiet environment with non-fluorescent lighting).
- Extended time to complete assignments.
- Ability to participate in classes remotely.
- Ability to take medication and have access to water during class.
- A fragrance-free environment.
- Excused absences due to migraine attacks.
- Ability to wear sunglasses or tinted glasses in class.
- Ability to wear earplugs or headphones in class.
- Ability to leave the class during a migraine attack.
- Select seating near an exit in case you have to leave suddenly.
- Note-taking service during absences or visual disturbances.



National Headache Foundation

## More than 2.3 million U.S. college students are living with migraine and headache disorders



## TRIGGERS ON CAMPUS

### Eyestrain

- Studying for long periods of time can cause eyestrain. Take frequent breaks to give your eyes a rest.
- Use "night mode" on your devices or download light filtering apps for your phone and computer.
- Consider getting blue light blocking glasses or installing an antiglare screen on your monitor.
- Opt for more natural light and avoid/remove fluorescent lights.
- Look away from your screen at least once every 20 minutes to let your eyes rest.

### Diet

- Determine if you have any dietary triggers.
- Elimination diets are an excellent way to identify problematic foods. Exclude one food item at a time and carefully track the results in a migraine diary. Download a free migraine diary at [headaches.org](https://headaches.org)
- Hunger: Eat three meals a day and have healthy snacks available for a quick bite between classes.
- Dehydration: Stay hydrated, drink plenty of water. Invest in a reusable water bottle.
- Caffeine and Alcohol: Drink coffee and alcohol in moderation.

### Sleep Schedule

- It can be very difficult maintaining a regular sleep schedule in college, but disruptions to sleep patterns may cause migraine attacks.
- Try to get 7-9 hours of uninterrupted sleep per night.