



Migraine Trigger Guide:

Noise

Explanation

Migraine attacks can be triggered by noise, including loud sounds and environments, and high pitched or ringing sounds.

Trigger causes

- Loud noises or environments (i.e. clubs, bars, concerts).
- Constant/persistent noises.
- Piercing or ringing sounds (i.e. sirens, boiling kettle, bells)

How do you know if this is an issue?

If you experience a sudden migraine attack directly after hearing the noise on more than one occasion, then this may be a trigger.

Options to try

Here are several suggestions to help cancel out or soften the impact of harsh sound or loud noises:

- Noise-cancelling ear phones – for complete shut out. These are useful when travelling on planes or for those who are particularly sensitive.
- Ear plugs. Smaller, cheaper and more compact. There are many different types. You can explore different options online or at your pharmacy. Each type may protect your ears from sound to a different extent so browse and consider trying a few options based on personal preference and comfort.
- Ear phones. Listening to peaceful, calming music or background sounds can be beneficial and help drain out any irritating or distracting background noises.

Sometimes it is the sudden, unexpected noise that catches us unaware: the train



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screeching past or the police siren right next to you while outside. For these moments, it comes down to building resilience and increasing your migraine threshold.

Watch-outs

Many people with migraine experience sensitivity to sound during an attack.

This is a frequent migraine symptom. However, this sensitivity during the attack doesn't automatically mean loud or uncomfortable noises caused the attack.

Be careful to separate noise from other triggers — particularly if you are experiencing attacks from nights out when you are drinking alcohol, eating out, staying up late or around smoke. These may also be factors.

More reasons to manage this trigger

Reducing stressors such as uncomfortably loud or high pitched noises are an important part of managing your condition. By managing noise more effectively you are more likely to lighten the load of stressors on your migraine condition, build resilience and improve your migraine threshold.