



CARING FOR YOUR HEADACHE DISORDER PHONE APPS FOR HEADACHE PREVENTION

Our mission is to improve the lives of migraine patients and their families and ultimately help find a cure.

Listed below are some of our favorite apps to help prevent headache attacks by drinking enough water, exercising, and practicing relaxation skills. There are also apps listed to track attacks and identify triggers.

Plant Nanny

Links to App: [Apple](#) | [Google Play](#)

- Uses cute plants to remind you to drink water.
- Helps you to be healthier by drinking more water and it is fun to use.

Runkeeper

Links to App: [Apple](#) | [Google Play](#)

- Uses the GPS on your phone to track your runs, walks, bike rides.
- Tells you how many calories you burned.
- Designs workout schedules that work best for you.
- Coaches you to help with reaching goals and allows you to connect with others.

MyLife Meditation

Links to App: [Apple](#) | [Google Play](#)

- Easy 5-minute relaxation practices
- Chooses meditations based on how you are feeling.

Migraine Buddy

Links to App: [Apple](#) | [Google Play](#)

- Allows you to track your headache attacks and medication use.
- Makes a summary for you to show your provider.

Relax Melodies

Links to App: [Apple](#) | [Google Play](#)

- This has 30 relaxing sounds and music.

- There is a white noise track for sleep.

Yoga Studio

Links to App: [Apple](#) | [Google Play](#)

- Try relaxation practices for stress, pain, and sleep.
- You can choose from 6-20 minute practices.

Acupressure Heal Yourself

Links to App: [Apple](#) | [Google Play](#)

- This is an ancient therapy that helps the body's natural ability to heal.
- Teaches you 90 acupressure points to help relieve some symptoms.

****Apps may contain ads for medicine. Please do not try a new medicine without talking to your headache provider.**