CEFALY®

MY MIGRAINE DIARY

for the 120-day CEFALY® trial period

MY MIGRAINE DIARY

Time:
When did it start? When did it end?

Sleep quality:
How was the night before?

Pain intensity:
Mark the pain on the scale.

mild moderate severe

Pain characteristics:
- ◯ stabbing
- ◯ throbbing / pulsating
- ◯ pressing / dull
- ◯ _____

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Associated symptoms:
- ◯ Aura (visual disturbances, flashes)
- ◯ Nausea / vomiting
- ◯ Sensitivity to light
- ◯ Sensitivity to noise
- ◯ Sensitivity to smells
- ◯ Dizziness
- ◯ _____

Possible triggers:
- ◯ Stress / stress let-down
- ◯ Weather changes
- ◯ Lack of sleep / too much sleep
- ◯ Certain foods
- ◯ Skipped meal
- ◯ Cycle / hormones
- ◯ _____

Treatment / method:
Name of method (e.g. CEFALY®) / medication and dosage

Time taken / treatment duration:

Effect:
Did it help?

completely partially not at all

CEFALY

Alternative measures:
e.g. dark room / cooling pad / sleep / ...

Limitation in daily life:
0% = no limitation, 100% = complete limitation

0% 100%

Notes / special observations:
(e.g. stress, fluid intake, caffeine, cycle, weather)

Because every pain-free moment is precious!

KEEP GOING. STEP BY STEP.

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MIGRAINE DOES NOT DEFINE WHO YOU ARE.

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TAKE A BREAK.

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Be proud of yourself for taking a close look today and
STANDING UP FOR YOUR HEALTH.

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Don‘t compare your progress to others

YOUR JOURNEY, YOUR PACE.

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Take a deep breath, relax, and give yourself the time you need.

YOU ARE STRONG!

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You are much stronger than your migraine.

KEEP GOING. STEP BY STEP.

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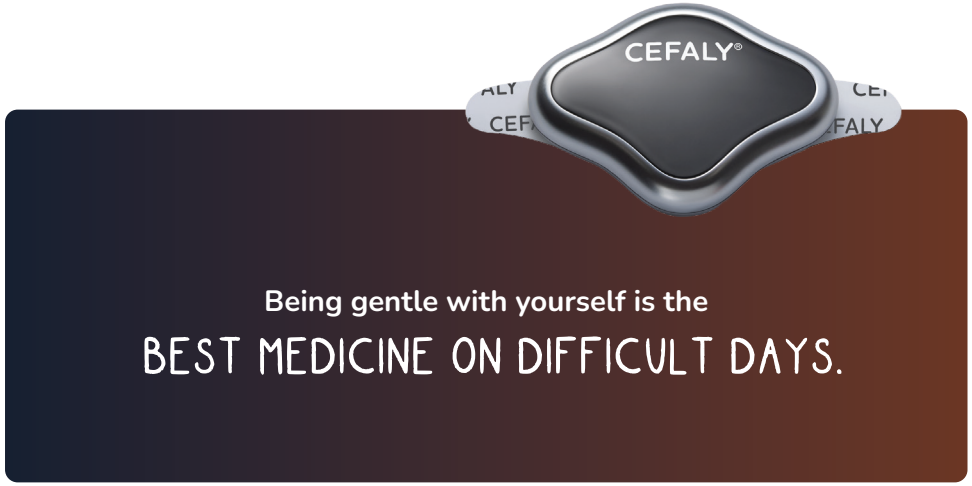

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Keeping a diary is your path to greater control.

EVERY ENTRY MOVES YOU FORWARD.

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Every pain-free moment is a victory.

CELEBRATE THE GOOD DAYS!

CEFALY®

CEFALY® Schweiz
c/o Neurolite AG

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3123 Belp

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031 529 28 32
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