



## FIRST PHASE PREMONITORY

The warning symptoms that a migraine attack has started

- Mood changes
- Food cravings
- Yawning
- Brain fog
- Disturbed sleep
- Frequent urination
- Nausea
- Aches and stiffness
- Speech difficulties
- Language problems

## SECOND PHASE AURA

One third of people with migraine experience aura

- Visual disturbances
- Tingling
- Numbness
- Weakness
- Confusion
- Difficulty speaking
- Dizziness
- Vomiting
- Abdominal pain

## THIRD PHASE ACUTE

Also called headache phase  
Not everyone with migraine experiences headache

- Headache
- Nausea/vomiting
- Giddiness
- Insomnia
- Nasal congestion
- Mood changes
- Sensitivity to light, sound and smell
- Neck pain

## FOURTH PHASE RESOLUTION

Most migraine attacks fade, but some stop suddenly

- Sudden end to acute phase symptoms
- Urgent need to sleep
- Fatigue
- Euphoria or suddenly feeling good

## FIFTH PHASE POSTDROME

Also known as the "migraine hangover"

- Fatigue
- Depressed mood
- Euphoric mood
- Brain fog
- Lack of comprehension

## SIXTH PHASE INTERICTAL

The phase between migraine attacks

- No attack symptoms!

**The combination of symptoms you experience will be unique to you.**

## First Phase - Premonitory

The premonitory phase occurs a few hours and up to several days before the rest of a migraine attack, and can act like a warning that an attack has begun.

## Second Phase - Aura

Approximately a third of patients will experience a migraine aura after the premonitory phase. The aura phase lasts 5-60 minutes. The aura can occur before, during or after the headache. Sometimes an aura can occur without a headache.

## Third Phase - Acute (also called headache phase)

The headache in migraine is usually one-sided (can be both sides), and is often described as a moderate or severe throbbing pain, which is worsened if you keep trying to continue your day. Most people will often experience nausea, and/or sensitivity to light, sound and smell during the headache phase, but these symptoms can actually last the entire length of a migraine attack.

## Fourth Phase - Resolution

Some people also experience a distinctive recovery phase between the attack and postdrome.

## Fifth Phase - Postdrome

Following the headache phase, you may experience a 'migraine hangover', called the postdrome.

## Sixth Phase - Interictal

Between migraine attacks, called the interictal phase, there are no migraine attack symptoms. However, some people have some non-attack migraine symptoms. These may be very subtle or even good things, such as speaking faster than other people, or having a heightened sense of smell.

If you have chronic migraine, attacks can occur closer and closer together. It can be hard to identify different phases since symptoms and attacks overlap on top of each other.

## Did you know?

Learning to identify the different symptoms you experience in each phase of a migraine attack can be helpful in managing your migraine. Identifying your premonitory symptoms is particularly important as it can help you start your migraine treatment sooner.

