

HEADACHE AND SLEEP DISORDERS: REVIEW AND CLINICAL IMPLICATIONS

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ABSTRACT

Sleep-related headaches increase the possibility of a sleep problem. OSA has been linked to awakening headache types such as migraine, tension-type, cluster, and unclassifiable headaches, and it has gotten a lot of attention because of the possibility for headache relief as well as the serious cardiovascular and other health consequences. Despite the fact that it has not yet been studied in headache patients, there is now awareness of a spectrum of sleep-disordered breathing that may help explain the known link between chronic headache and snoring in the absence of conventional OSA risk factors. Primary headache therapy is compatible with pharmacologic and behavioral sleep management methods for insomnia and circadian rhythm disorders. With methods like a headache/sleep diary, progressive relaxation training, and sleep hygiene, behavioral therapies for headache may easily be extended to evaluate and treat insomnia.

KEYWORDS: *Circadian Rhythm, Cognitive Behavior Therapy, Headache, Migraine, Sleep.*

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