

Doctor Summary

Migraine triggered by stress and poor sleep

Symptoms

- severe headache
- dizziness
- mild nausea
- slightly disturbed vision

Patient History

- stress
- poor sleep

Risk Factors

- stress
- poor sleep

Prescription

- pain relief tablet twice a day after food
- anti nausea tablet if required

Advice

- avoid mobile and laptop screens for at least two days
- drink plenty of water
- take proper rest

Recommended Action

visit immediately if headache becomes severe or persistent