

## **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