Wearable health metrics to measure for migraine prediction

This table comprises the most valuable wearable health metrics to measure for migraine prediction.

Metric	Motivation	References
Skin conductivity	Skin conductivity is a measure of the electrical conductivity of the skin, which can be affected by changes in skin temperature, hydration, and other factors. It has been shown to be a useful biomarker for migraine prediction, as changes in skin conductivity is highly correlated with stress and the onset of migraine	[1], [2], [3], [4]
Heart rate	Heart rate a measurement of the amount of heartbeats per time frame and is strongly correlated with the amount of stress of an individual. It has been shown to be a valuable metric in the analysis and prediction of onset of migraine	[2], [5], [6], [7], [4], [3]
Heart rate variability	Heart rate variability is a measurement of the variation in time between heartbeats and is a sensitive marker of autonomic balance. It has been shown to be a valuable metric of stress and thus is useful in the analysis when predicting onset of migraine	[6], [2], [4], [3]
Skin temperature	Skin temperature is a measure of the temperature of the skin and can be affected by changes in blood flow and other factors. It has been shown to be a useful biomarker for migraine prediction, as changes in skin temperature are highly correlated with stress and the onset of migraine	[8], [3], [4], [2]

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