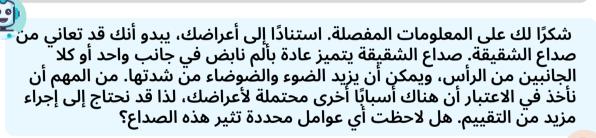




I see. Headaches can have various causes. Can you please provide more details about your symptoms? For example, where is the pain located and how would you describe the pain?



الألم يحدث في الغالب على جانبي الرأس، أحيانًا على جانب واحد فقط. إنه ألم نابض يمكن أن يستمر لعدة ساعات. الضوء والضوضاء يبدو أنهما يجعلانه أسوأ







Stress and inadequate sleep can definitely contribute to headaches. It's important to manage your stress levels and prioritize getting enough restful sleep. In the meantime, I can recommend some over-the-counter pain relievers such as ibuprofen or acetaminophen to help alleviate your symptoms. However, I would strongly advise scheduling an appointment with your primary care physician for a thorough evaluation and further guidance. They may recommend additional tests or treatments based on your specific situation.