

Thank you for agreeing to participate. We are studying if lifestyle changes can improve dizziness associated with something called vestibular migraine. You will need to participate in four areas: food/drink trigger elimination, restful sleep, exercise, and eating at the same time daily. You will need to follow this plan for 60 days. Continue to take all medications as prescribed by your doctors.

We will ask you some questions about how your dizziness makes you feel. We will also ask you about headaches even if you do not have headaches. After you complete the plan for 60 days, we will ask you similar questions again to see if anything has changed. We will also ask you questions about how easy or difficult it was to follow the different parts of this plan.

**1**

We think people with this problem will feel better if they do not eat or drink any of these foods or beverages:

- Alcohol (not just red wine – no alcohol)
- Artificial sweeteners/flavor enhancer (Aspartame, monosodium glutamate - MSG)
- Avocado (also no figs, raisins, papaya, passion fruit, or red plums)
- Beans (broad, fava, garbanzo, lima, navy, pinto, pole; snow peas)
- Caffeine
- Canned Soup, bouillon cubes, soup base with yeast or MSG
- Cheese, buttermilk, sour cream
- Chocolate, cocoa
- Cured/Aged meats (ham, bologna, pepperoni, bacon, salami, sausage)
- Hot dogs
- Non-white vinegars
- Nuts (including nut butters)
- Pickled (including olives), fermented and marinated foods
- Soda
- Yeast (breads with yeast, doughnuts)

**2**

**We think people with this problem will feel better if they get restful sleep. These are some tips to help improve restful sleep:**

### **Tips for Improving Restful Sleep**

- **Follow a regular sleep schedule. Go to sleep and get up at the same time each day, even on weekends or when you are traveling.**
- **Avoid napping in the late afternoon or evening. Naps may keep you awake at night.**
- **Develop a bedtime routine. Take time to relax before bedtime each night. Some people read a book, listen to soothing music, or soak in a warm bath.**
- **Try not to watch television or use your computer, cell phone, or tablet in the bedroom. The light from these devices may make it difficult for you to fall asleep.**
- **Alarming or unsettling shows or movies, like horror movies, may also keep you awake.**
- **Keep your bedroom at a comfortable temperature, not too hot or too cold**
- **Most people prefer the bedroom to be as quiet as possible, but others sleep better with soothing sounds from a noise machine.**
- **Use low lighting in the evenings and as you prepare for bed.**
- **Exercise at regular times each day but not close to your bedtime.**
- **Avoid eating large meals close to bedtime—they can keep you awake.**
- **Stay away from caffeine. Caffeine (found in coffee, tea, soda, and chocolate) can keep you awake.**
- **Remember—alcohol won't help you sleep. Even small amounts make it harder to stay asleep.**

Adapted from <https://www.nia.nih.gov/health/good-nights-sleep#good>

**3**

We think people with this problem will feel better if they complete some type of exercise every day.

- Speak with your physicians before starting any formal program of exercise.
- If you are already regularly participating in an exercise program that is great.
- If you do not exercise regularly then you may consider this sample walking program adapted from the National Institutes of Health

		Pace	Minutes	Days per Week
<b>Month 1</b>	<b>Week 1</b>	<b>Slow</b>	<b>10</b>	<b>4</b>
	<b>Week 2</b>	<b>Slow</b>	<b>10</b>	<b>4</b>
	<b>Week 3</b>	<b>Slow</b>	<b>15</b>	<b>4</b>
	<b>Week 4</b>	<b>Slow-Brisk</b>	<b>20</b>	<b>5</b>
<b>Month 2</b>	<b>Week 5</b>	<b>Brisk</b>	<b>25</b>	<b>5</b>
	<b>Week 6</b>	<b>Brisk</b>	<b>30</b>	<b>5</b>
	<b>Week 7</b>	<b>Brisk</b>	<b>35</b>	<b>5</b>
	<b>Week 8</b>	<b>Brisk</b>	<b>35</b>	<b>5</b>

<https://www.nhlbi.nih.gov/health/educational/healthdisp/pdf/tipsheets/Sample-Walking-Program.pdf>

- **Additional information on walking for exercise is found here:**  
<https://www.niddk.nih.gov/health-information/weight-management/walking-step-right-direction>
- **Keep in mind that exercise that is too rigorous can cause migraine activity in some people. It is unknown if this is also true for vestibular migraine.**

**4**

**We think people with this problem will feel better if they eat at the same time every day.**

- **Skipping or missing meals may be a cause of migraine in 40-56% of people with migraine**
- **Plan ahead so that you can fuel your body with appropriate foods at the same time each day**
- **Don't eat or drink any of the items on the avoid list**