

Correcting the derangement in sleep architecture is sufficient to treat cluster and migraine headache without medication- no

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The relationship between sleep and headaches has been known for over a century. Migraine and Cluster Headache (CH) may cause sleep fragmentation, insomnia, and hypersomnia. Conversely, sleep disorders may trigger headache attacks. There is some evidence pointing to the anatomical and physiological overlap between sleep and headaches. However, the mechanism linking these two entities is yet unknown. Indeed, relatively small and mostly uncontrolled sleep studies of CH and Migraine have been conducted, and the results are inconclusive and contradictory. Factors known to trigger both Migraine and CH include not only sleep but many additional various factors like: feeding, stress histamine, nitroglycerine, alcohol, as well as environmental conditions. Additionally, the mechanism of action of many current medical therapies is not related to sleep. Thus, correcting the derangement of sleep architecture is insufficient to treat Cluster and Migraine Headache, and medication is required.