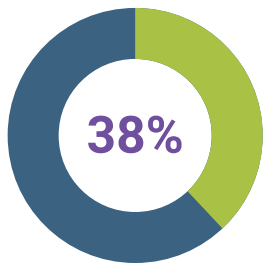
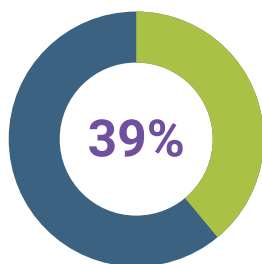


# Migraine & Mental Functions

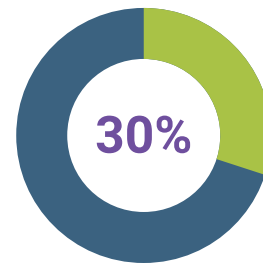
## Debilitating Effects on Mental Health & Sleep



**38%** of participants reported very often or always **worrying about their migraine** (16-30 days/month).



**39%** of participants reported very often or always **feeling a lack of control over their lives** due to migraine.

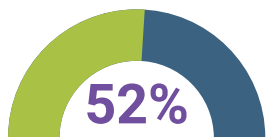


**30%** of participants reported very often or always **feeling like a burden on others** due to migraine.

*"Migraines are causing disruption to every aspect of my life. Along with the physical debilitation, they are now **severely impacting my mental health** as well."*



Nearly **93%** of participants with **chronic** migraine and **80%** with **episodic** migraine believe their migraine has led them to **develop symptoms of depression and/or anxiety**.



For almost **52%** of chronic migraine participants, the depression and/or anxiety is **moderate to severe**, requiring **counselling and/or medication**.

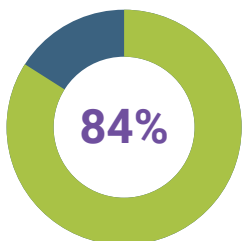


**21%** of participants reported having difficulty **participating in activities that require concentration** and **22%** reported having difficulty **maintaining a daily routine or schedule** due to migraine.

MENTAL HEALTH

*"Migraines have completely ruined everything ... cannot function, miserable every day and do not want to be around anyone."*

*"[Migraine] makes me feel a loss of independence, I feel like **there are days when I would rather not exist** as I don't want to be a burden to anyone."*



**84%** of participants reported that migraine **negatively impacted their sleep**.

- About **40%** of participants rated their **quality of sleep** as **poor or very poor**
- **37%** of participants reported that their sleep was **often disrupted**
- Nearly **87%** of those with chronic migraine reported needing to **rest or lie down during normal waking hours** on 6 or more days in the last month

*"Sleep issues create **more problems and headaches**."*

SLEEP