



Having to live with chronic pain is difficult enough without the added burden of cluster headaches. This guide will help you have a meaningful conversation with your health care provider. Use this tool before you go to your next appointment.

Pain level



Duration of headaches



Headache free days



Time of day when your headaches happen



Location of headaches



Time of year headaches start



Stress





Smoking



None



Less than a pack a day



1-2 packs a day



3 or more packs a day

Alcohol per week



None



1 or 2



3 or 4



5 to 7



8 to 9



10 or more

Sleep



0

1

2

3

4

5

6

7

8

9

10

No problem sleeping



Struggle to sleep

Mood



0

1

2

3

4

5

6

7

8

9

10

Happy



Sad



Angry

SYMPTOMS

Eyes



Eye redness



Eye swelling



Stuffy nose



Tearing



Droopy eye lid

Skin tone



Pale



Flushed

Sweating



Restlessness



OTHER TRIGGERS (please list)

