

Do Headaches Get In the Way of Your Travel Plans? Survey Results



1. Do you experience headaches while traveling?

Yes		108	98%
No		2	2%
Total		110	100%

2. What types of headaches do you experience while traveling? (Check all that apply)

Migraine		94	85%
Tension-type headache		39	35%
Chronic daily headache		51	46%
Cluster headache		5	5%
Sinus headache		26	24%
Allergy headache		18	16%
Not sure		0	0%
Other, please specify		4	4%

3. How does the severity of your headaches change while traveling?











Severity increases		69	63%
Severity decreases		7	6%
No change		36	33%

4. How does the frequency of your headaches change while traveling?










Frequency increases		58	54%
Frequency decreases		10	9%
No change		42	39%

5. What contributes to your travel headaches? (Check all that apply)



Lack of sleep		54	50%
Change in sleep schedule		70	64%
Stress due to travel preparation		50	46%
Anxiety		44	40%

Skipping meals		36	33%
Dietary changes		29	27%
Triggering smells (smoke, perfume food)		47	43%
Loud noise		34	31%
Alcoholic beverages		7	6%
Temperature change		32	29%
Climate change		36	33%
Altitude change or barometric pressure changes		66	61%
Change in daily routine		47	43%
Other, please specify		17	16%



6. Have you ever tried any of the following to relieve your headaches while traveling? (Check all that apply)

Traveling during less busy or congested times		30	28%
Bringing your own pillow		52	48%
Bringing along snacks		73	67%
Resting plenty before and during travel		49	45%
Maintaining your normal sleep schedule		48	44%
Avoiding alcoholic beverages		49	45%
Bringing extra medication in your carry-on		95	87%
Taking relaxation breaks		39	36%
Other, please specify		10	9%



7. Do you experience an increase in severity or frequency when traveling longer distances?

Yes		60	55%
No		50	45%
Total		110	100%






8. Do you shorten trips due to headaches?

Yes		36	33%
No		62	56%
Depends, please specify		12	11%



9. Do you avoid or take fewer personal trips because of headaches?

Yes		63	57%
No		47	43%
Total		110	100%



10. Which form of travel impacts your headaches the most?

Car		62	57%
Airplane		61	56%
Train		5	5%
Bus		10	9%
Boat/Cruise		7	6%



11. During a flight, what triggers your headaches? (Check all that apply)

Take-off/landing		20	19%
Cabin pressure changes		53	49%
Noise		34	31%
Anxiety		23	21%
Turbulence		22	20%
Bright lights		29	27%
Seats/Comfort		33	31%
Plane food		8	7%
I do not fly		11	10%
Flying doesn't trigger headaches		16	15%
Other, please specify		19	18%

12. Do you avoid certain travel times in order to stick to a regular sleep schedule?

Yes		40	37%
No		69	63%
Total		109	100%

13. Have you ever had to cancel or postpone traveling due to headaches?

Yes		63	58%
No		46	42%
Total		109	100%

14. How long have you experienced headaches?

		12	11%
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1-5 years			
6-10 years		12	11%
11-15 years		14	13%
16-20 years		12	11%
More than 20 years		60	55%

15. Tell us about yourself by checking the appropriate boxes. Please select all that apply.

Male		11	10%
Female		89	81%
Under 20		8	7%
Age 21-35		33	30%
Age 36-50		36	33%
Over 50		31	28%

16. At what age did you first experience headaches?

Less than 10 years old		32	29%
Age 11-15		33	30%
Age 16-20		21	19%
Age 21-30		19	17%
Age 31-40		5	5%
After age 40		2	2%

17. Are you a member of the National Headache Foundation?

Yes		34	31%
No		76	69%
Total		110	100%

18. How did you learn about the National Headache Foundation?

Physician		20	18%
Friend		5	5%
Employer/Manager		1	1%
Internet		63	57%
Newspaper		1	1%
Magazine		6	5%
TV		0	0%
Radio		1	1%
Other, please specify		18	16%



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