Appendix 7

**Advice given to all participants before randomization**

Dear participant

We want to encourage you to follow these guidelines during your four months participation in this trial:

1. Make sure to get at least 8 hours of sleep every night
2. Eat regularly: 3 meals per day and 3 small meals in between
3. Drink 2-3 liters of water per day, modified to size and physical activity
4. Make sure to exercise and get at least ½ hour of exercise per day
5. Limit your time in front of computer/I-pad/mobile phone/play station as much as possible and be aware of sitting up with a straight spine and neck when you use a screen.
6. Avoid the things you KNOW will give you a headache
7. If you are used to taking non-prescription medication for your headache, you are allowed to continue during this trial according to your needs.