Migraine is a genetic neurological disease caused by genetic predisposition and an oversensitive brain. While most people think migraines only consist of pain, they can actually comprise four phases.

Here is a closer look at some of the common symptoms associated with each phase and what you can do to ease them.

**PRODROME**
Typically begins several hours or even days before the rest of the migraine attack.
An estimated 30-40 percent of migraineurs experience prodrome as an early warning sign of a migraine.

**COMFORT MEASURE**
Healthy sleep is an important factor for preventing migraines and managing the prodrome phase. Try sleep accessories like an eye mask, ear plugs, and extra soft blankets and pillows.

**AURA**
Contrary to conventional wisdom, not all aura symptoms are visual.
An estimated 1 in 5 migraineurs develop an "aura" shortly before or along with the headache.

**COMFORT MEASURE**
To help relax your senses, ease nausea and to combat hiccups, try some peppermint, chamomile, or ginger tea.

**HEADACHE**
This is the most intense phase of a migraine, and it’s not limited to the head. It can affect the entire body.
Pain can range from mild to severe and last for a few hours or even several days.

**COMFORT MEASURE**
To help ease discomfort from hot flashes and pain, try using an ice pack. Also, be sure to drink plenty of water to help fight dehydration.

**POSTDROME**
This phase is referred to as the "migraine hangover."
Postdrome typically lasts from 2 hours to 24 hours.

**COMFORT MEASURE**
Recovering from a migraine can take some time. To help you ease back into your normal routine, try a relaxing bubble bath.

**SOURCES:**
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