

Published based on [Stop Your Headache](#)

# Stop Your Headache

Nearly everyone has experienced a headache at some point in their lifetime, and typically it goes away within a few hours, or in the worst case scenario, a few days. When you have a nasty headache, the best feeling in the world is getting rid of it. Aside from obvious ailments such as brain tumors and other serious head injuries, chronic headaches can affect anyone for a multitude of reasons.

When I first started getting chronic headaches I thought it was simply stressed induced. I had been pulling a few late nights at work (as you do) and I figured my body was simply worn out, my eyes strained, and my muscles too tight from lack of sleep. At the first sign of headache pain I would throw back a few aspirin pills and keep working. Only later did I realize that I was actually making myself worse and feeding the fire.

I would get the biggest rebound headaches you had ever seen. They would literally cripple me. I couldn't think properly because my head was throbbing. I could hardly open my eyes. If I caught the slightest glimpse of sunlight it would send pain streaking through my eyes into my head. I would literally close myself off from the world and retreat to a dark corner to curl up.

But the pain didn't stop. I would wake up in the middle of the night with a splitting headache. Some nights I would just lay in bed awake for hours crying because the pain was too much. In the morning I was absolutely exhausted from lack of sleep and so was my wife. I was grumpy at the kids. No one would come near me.

When I look back now I realize I didn't even know the cause of my...

You can also find this article published on [Stop Your Headache](#), and on the tag pages [chronic headaches](#), [Headache](#), [pain](#), [point](#), [rebound headaches](#), [worst case scenario](#).