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## Migraines & Headaches Health Center

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## Migraine and Headache Symptoms

### In this article

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There are many different types of [headaches](#). Although not all [headaches](#) are the same, they all share at least one thing in common -- they [cause pain](#). But many [headaches](#) also cause other unwanted symptoms, including [nausea and vomiting](#). This article addresses the most common headache symptoms associated with the different types of [headaches](#).

## Tension Headaches

People with tension headaches commonly report these symptoms:

### Episodic Tension Headaches (occur less than 15 days per month)

- Pain is mild to moderate, constant band-like pain or pressure
- Pain affects the front, top or sides of the head.
- Pain usually begins gradually, and often occurs in the middle of the day
- Pain may last from 30 minutes to several days

### Chronic Tension Headaches (occur more than 15 days per month)

- Pain may vary in intensity throughout the day, but the pain is almost always present
- Pain comes and goes over a prolonged period of time

### Associated Symptoms of Tension Headaches include:

- Headache upon awakening

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- Difficulty falling asleep and staying asleep
- [Chronic fatigue](#)
- Irritability
- Disturbed concentration
- Mild sensitivity to light or noise
- General muscle aching

## Migraines

The symptoms of migraine headaches can occur in various combinations and include:

- Moderate to severe pain (often described as pounding, throbbing pain) that can affect the whole head, can shift from one side of the head to the other
- Sensitivity to light, noise or odors
- Blurred [vision](#)
- Nausea or [vomiting](#) , [stomach](#) upset, [abdominal pain](#)
- Loss of appetite
- Sensations of being very warm or cold
- Paleness
- [Fatigue](#)
- [Dizziness](#)
- Fever (rare)
- Bright flashing dots or lights, blind spots, wavy or jagged lines (aura)

### Cluster Headaches

- Intense one-sided pain described as having a burning or piercing quality that is throbbing or constant
- Pain is located behind one [eye](#) or in the [eye](#) region, without changing sides.
- Pain lasts a short time, generally 30 to 90 minutes (but can last for three hours); the headache will disappear, only to recur later that day (most sufferers get one to three headaches and some up to eight per day during a cluster period).
- Headaches occur very regularly, generally at the same time each day, and they often awaken the person at the same time during the night.

### Sinus Headaches

- Deep and constant pain in the cheekbones, forehead or bridge of the nose
- The pain usually intensifies with sudden head movement or straining and usually occurs with other [sinus](#) symptoms, such as nasal discharge, feeling of fullness in the ears, fever, and facial swelling.

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WebMD Medical Reference

SOURCES:

National Headache Foundation.

Mayo Clinic.

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