Triggers are the stimuli that can aggravate and “awaken” vestibular symptoms. While they do not cause vestibular disorders, controlling triggers can help manage pain, tinnitus, nausea, dizziness, vertigo, and other symptoms. Personal limitations and tolerance to triggers fluctuate. Triggers vary significantly person to person and illness to illness. Each person will have patterns that can be identified and factored into daily life. It is useful to track your daily exposure to triggers and to limit known problems.

### PHYSIOLOGICAL
- Hormonal changes
- Inner ear pressure, altitude changes
- Body/head movements - up and down or side to side
- TMJ aggravation
- Head/neck/facial pain or injury (can also be a cause)

### PSYCHOLOGICAL
(These triggers can also be results of vestibular disorder symptoms.)
- Stress
- Anxiety
- Emotional/physical trauma

### LIFESTYLE
- Sleep inconsistencies, problems
- Fatigue or “overdoing it”
- Lack of or extreme exercise
- High/low sodium levels, dehydration
- Alcohol, nicotine and/or recreational drugs
- Diet - high tyramine, histamine levels
- Food allergies/sensitivities
- Biggest food triggers: natural flavors (MSG), aged cheeses/meats, chocolate, caffeine, citrus etc. (see migraine or Meniere’s diets)

### ENVIRONMENTAL/SENSORY
- Barometric pressure changes
- Humidity
- Weather changes
- Seasonal, pet and other allergies
- Lighting - fluorescent, strong sunlight/dappling, darkness
- Noise - music, alarms, crowds
- Pollution
- Motion (car, walking, biking, etc.)
- Wide open spaces or spaces with overwhelming stimuli

### TRACKING TOOLS:
- Patient Logs
- Migraine Buddy App
- Symptom Trigger Tool
- Rewiring Tinnitus Trigger Tool

### RESOURCES:
- **The Dizzy Cook** (Alicia Wolf) - thedizzycook.com
- **Timothy C. Hain MD** - dizziness-and-balance.com
- **Heal Your Headache** (book) by David Buchholz
- **True Kaylaisms** (blog by Kayla McCain) - truekaylaisms.com
- **Mind Over Meniere’s** (Glenn Schweitzer) - mindovermenieres.com
- **VeDA** - vestibular.org