

Migraine Apps for Android

Yoga for Migraines

By Saagara

Operating Systems: Available for iOS, Android, Nook and Mac.

Description:

"Yoga for Migraine" provides a structured series of yoga poses which aim to relieve migraines. Headaches are often triggered and worsened by stress, making this relaxation based therapy likely to provide pain relief. This app can be helpful when practiced regularly when you are pain free to help prevent migraines.

Migraines are a debilitating condition with no clear medically identifiable cause. Ancient yogis claimed that migraines were caused by weak air in the body and stress affecting the nerves. Today they affect millions of people, and are worsened by our modern lifestyle. The exercises in "Yoga for Migraine" are meant to relax the body and mind, improve circulation, and increase lung capacity.

"Yoga for Migraine" draws upon traditional hatha yoga and was formulated by an expert in ancient yogic methods. The program guides you through several yoga poses while emphasizing correct breathing methods. As you become accustomed to the exercises, you can change the settings from beginner to intermediate to advanced, for a longer more effective session.

Yoga asanas include: Vajrasana (Diamond Pose), Urdhva Vajrasana (Upper Diamond), Supta Vajrasana (Fixed Firm Pose), Padangusthasana (Big Toe Pose), Veerabhadrasana (Warrior Pose), Bhujangasana (Snake POse) - intermediate, Baddhakonasana Type 1 (Cobblers Pose) - Intermediate, Baddhakonasana (Type 2 (Cobblers Pose) - intermediate, Dhanurasana (Bow Pose) - intermediate, Sarvangasana (Shoulder Stand) - advanced, Halasana (Plow Pose) - advanced.

This app has HD graphics and is compatible with high-resolution tablets. Users may want to first try our app "Core Yoga" which is better suited for beginners. After practicing "Core Yoga" for a few weeks, you should be able to comfortably practice "Yoga for Migraine".

Migraine Buddy

This app is compatible with all of your devices.

Description:

Migraine Buddy is an advanced migraine headache diary and tracking app designed by neurologists and data scientists. More than a migraine journal, Migraine Buddy helps users record and identify triggers of migraine, migraine symptoms, migraine medication, migraine frequency and duration, pain intensity and location, medications for migraine, and other lifestyle factors so users can improve their migraine condition. Migraine Buddy provides an easy to read summary report for users to take appropriate action. Migraine Buddy also features an intelligent sleep diary that allows users to see the correlation between their sleep and migraines via a newly introduced sleep graph.

Easy to use, beautifully designed interface and icons with wizard style questionnaires that guides users through the recording process.

Record ongoing and past migraines

Quick tapping motion to answer the questionnaire

Quick access to skip and record entries at a later time

Customized reports including frequency and duration, pain intensity, pain location, migraine triggers, migraine symptoms and helps to understand the effectiveness of migraine medications and relief methods

Acts like a migraine journal that helps to identify migraine triggers such as stress, anxiety, lack of sleep, food, weather, menstruation, etc.

Notes section to keep track of food, specific weather conditions or barometric pressure, mood, etc.

Add custom fields to the questionnaire so it becomes a permanent option for the users

Automatically detects and records sleep activity

Correlates sleep and behavior information to onset of migraines

Data is secured and protected by HIPAA-compliant cloud

Manage My Pain Lite

Description:

Manage My Pain helps you and others better understand what you are going through. It has helped thousands of people with conditions like fibromyalgia, migraines, arthritis, or back pain better understand their symptoms and provide evidence of their pain for their doctors, insurance companies, or government agencies. Manage My Pain creates reports designed by doctors for doctors - ones that your doctor will actually read.

Track your pain using a simple, quick, yet powerfully customizable entry screen

Get insight to your condition through statistics, charts, graphs, and calendar views

Sync with the cloud to safe-keep your records and keep all your devices up to date

Share what you're going through by creating evidenced-based reports for diagnosis, treatment, and claims

Personalize your account by recording your medical and personal characteristics

Get support from a responsive team and detailed user guides

Create and view your records anywhere, anytime, and from any Android device, while knowing that your information will be protected & secure.

The Pro version adds:

- Arthritis & rheumatism
- Cancer
- Chronic pain
- Headaches & migraines
- Fibromyalgia

- Pain diary
- Pain journal
- Pain log
- Pain tracker

Binaural Beats Therapy

Description:

Binaural beats stimulates your brain by sending special auditory artifacts directly into your headphones to produce subtle changes in behavior through entrainment of brainwaves frequency.

The Binaural Beats were discovered in 1830 by Heinrich Wilhelm Dove, and earned greater public awareness in the late 20th century based on claims that binaural beats help induce relaxation, medication, creativity and other desirable mental states. The effect on the brainwaves depends on the difference in frequencies of each tone, for example, if 300 Hz was played in one ear and 310 in the other, then the Binaural beat would have a frequency of 10 Hz.

In this app you will find different types of presets that can help you to sleep, meditate, concentrate, learn better, reduce some types of pain, develop your creativity.

It takes some time of practice to really feel the effects so don't give up after your first try. And you have to know that it doesn't work on some people.

Brainwave Tuner (Full Version)

Want to relax? Meditate? Learn faster? Focus attention? Increase your awareness? Try self hypnosis? Just put on the earphones and let Brainwave Tuner turn you on.

Description:

Brainwave Tuner is a brain wave stimulation application that generates tones with binaural beats, which can change your brain frequency towards the desired state, be it relaxation or enhanced attention.

For those who get anxious or easily distracted, this can be an extremely helpful tool. Whether you need to study or you're looking to meditate, Brainwave Tuner can put you in the right mind state.

Sleep and Healing:

Headache Therapy: Helps alleviating headaches with a mixture of steady low theta (5Hz) and mid-alpha (10Hz) waves.

Sleep Induction: Gently slows the brain frequency down to 3 Hz delta wave, which usually occurs in a deep sleep thus to gradually induce ones's sleepiness.

Edge of Consciousness: Discover the true meaning of life and consciousness with this track taking you to the very edge of the conscious mind.

Earth Peace Night: This is an Earth Meditation track that helps relax and meditate.

High Frequencies: Generates very high-frequency sounds.

Ocean Waves: This preset demonstrates the most basic noise-modulation effect: ocean waves.

Meditation and Relaxation:

Meditation: Concentrating on this tone helps quickly attaining a meditative state of mind.

Schumann Resonance: Helps meditating with a steady 7.83Hz alpha tone. This is also the resonance of the earth's magnetic field, making it a very natural meditative frequency.

Relaxation: Helps to relax with a basic sweep from a regular beta wave (15Hz) down to the low alpha wave (7Hz), in order to save you from certain intense strain.

Self-hypnosis: Helps getting into a self-hypnotic state. The user should listen to the repeating sound and concentrate on it. The key to a successful self-hypnosis lies in being able to concentrate on something.

Shoveling Sands: The sounds, clear and lively, are generated with an irregular modulation phase of 30 degrees, which brings you a happy mood.

Rain and Windshield Wipers: Through this track you can experience the joyful moment in a rainy day.

Focus and Learning:

Attention Increase: Helps focusing by brining the brain to a high beta frequency. The frequency is lowered briefly once every 15 seconds to keep the brain more receptive.

Intelligent Increase: This 10Hz alpha tone helps increase the blood flow in the brain, promote dendrite and synapse growth, increase IQ points and cognitive abilities.

Creativity Enhancing: Induces a state of enhanced creativity with three varying theta tones.

The Awakened Mind: Attempts to induce a brain state that is often described as beyond normal meditates states, being characteristic to advanced mediators who want to attain higher levels of enlightenment.

Schumann Mix: Helps meditating with a mixture of various frequencies including Schumann Resonance, about to enhance the latter's effect.

Quick Mental Refresher: A quick way to refresh yourself mentally. It brings the brain frequency down to a 10Hz alpha wave while brings it back up to a 15Hz beta wave at the end.

Learning Aid I (for subliminal): Helps to learn and memorize new materials when listened to for learning something.

Learning Aid II (for studying): Helps to learn and memorize new materials when listened to for learning something.

My Migraine Triggers™

Certain triggers may increase your risk of a migraine attack; however, migraine triggers vary from person to person.

It's a good idea to keep track of the factors that may trigger your migraines. By avoiding your triggers, you may be able to reduce the number of migraine headaches you get.

Description:

That's why the makers of Excedrin(R) Migraine teamed up with neurologists to create the My Migraine Triggers(TM) app: a free, easy-to-use and convenient migraine tracking tool. This app will allow you to:

Keep track of your everyday activities, such as exercise, stress and eating habits to help identify your potential migraine triggers

Chart out daily log information into customizable reports to easily understand which activities, foods, and beverages are associated with the onset of your headaches

Print or e-mail your log and results to share with your doctor to better diagnose and treat your migraines

AND the more you use it, the more it helps

Since migraines can set-in up to 48 hours after being exposed to a trigger, it is important to record potential triggers whether or not a migraine has started.

Stress Tracker

Description:

Created by a team of psychologists and researchers using Cognitive Behavioral Therapy, this app helps you identify then, it's hoped, relieve some of your daily pressures. Track your moods and tension sources and learn what makes you anxious. By identifying those moments, you can better deal with stressors -- or, ideally, avoid them in the first place.

Earthlapse

Description:

Talk about a heavenly way to relax: new-agey music (that sounds like it was written in outer space) plus gorgeous time-lapse photography of Earth captured by NASA astronauts on the International Space Station. Touch the views to control the speed of the images. You can also use the clock and worldwide weather info capabilities to turn the app into a night-table companion. It's a perfect way to step outside your head for a few minutes -- plus, it puts your personal worries in a much vaster context.

Breathe2Relax

Description:

Mental health experts maintain that diaphragmatic breathing is a cornerstone of stress relief. Breathe2Relax guides you through the process with clear videos that help you practice and master the technique. Plug in your headphones and inhale/exhale your way through a dental appointment or turbulent flight. (The app can be used in airplane mode).

White Noise

Description:

Dr. Oz loves this app and it's clear why. Let's say you're on a plane and need a power nap, but the infant two rows behind you is loudly expressing its unhappiness. What to do? Plug in your headphones and let the comforting sound of waves crashing on a beach lull you to sleep. You can use it with your phone alarm so it turns off by itself.

Calm

Relax with Calm, a simple mindfulness meditation app featured in the New York Times and LifeHacker, that will bring more clarity, joy, and peace of mind into your life, at work or at home.

Fall asleep faster with over 25 soothing calming sounds which relieve you from outside stress and anxiety. A recent brain imaging study published in a Harvard journal concluded that “mindfulness meditation sessions alter regions of the brain associated with memory, awareness of self, and compassion.”

To cater to different styles we have three mediation options:

- a) 7-21 days guided meditation programs which keep track of your progress;
- b) unguided meditation sessions; and
- c) over 25 guided meditation session that last from just a couple of minutes to up to about 20 minutes.

There are 3 guided programs with more on the way. Our ‘7 Days of Calm’ free introductory program teaches the basics of mindfulness meditation. By breaking down the meditation techniques into 7 steps it is easier to learn how to perform advanced techniques like breathing and attaining the correct posture.

When you are ready to deepen your meditation practice you can upgrade to the ‘21 Days of Calm’ program. This longer program is great training for you to be able to meditate yourself if you are ever without your smartphone.

Our ‘7 Days of Sleep’ premium program is for people that need a little bit of help when falling asleep.

If you prefer no voiceover while you meditate or while you are going to sleep, we have over 25 relaxing options to help you reach your moment of ultimate relaxation.

Retreat from your surroundings and travel the world with over 10 of our beautiful and immersive nature scenes. Choose your perfect background sound and scene to help you relax anytime anywhere. We also have 16 blissful music unguided tracks composed by Kip Mazuy.

Choose one of our 25 guided sessions that last from just a couple of minutes up to 20 minutes when you want to meditate on the fly or in the comfort of your home. With a variety of options you are bound to find the appropriate session for your specific needs. Examples include guides that help you ease mental tension, have a restful night, focus your mind, unlock your imagination, have a spiritual awakening, and much more.