Possible Causes of Headaches and Neck Pain:

1. **STRESS:** When you are feeling stressed your muscles tense and tighten – especially those around the neck, shoulders and upper back.

2. **POOR LIGHTING:** If you are trying to read or study in poor lighting, you may find that your eyes get tired, things get blurry and this strain can also lead to headaches.

3. **BAD POSTURE:** Hunching over your desk or books or computer means that you are rounding your shoulders and creating more strain on your body.

4. **LACK OF EXERCISE:** If you think you are too busy to exercise, think again. Exercise relaxes your muscles and stops them from tensing up.

5. **POOR SLEEP:** If you are not getting enough sleep for your body or are using the wrong type of pillow this can also cause headaches and a sore neck.

6. **LAPTOP ON LAP:** Sometimes students sit on the lounge with a laptop on their lap or on even worse next to them so they are twisting to work on the computer.

10 Steps to Eliminating Headaches:

1. **LIFESTYLE FACTORS:** Ensure you are getting enough sleep and regular exercise.

2. **NEW PILLOW:** Try different pillows, especially neck ones to see if they help to improve your sleep.

3. **ERGONOMIC FACTORS:** Consider the desk you work at, your chair and the lighting in the space and how everything is set up. Use the ergonomic checklist on this site to help you.

4. **CORRECT POSTURE:** Become conscious of when you are slouching and deliberately straighten up. Keep your head angled forward rather than pointing down.

5. **PROP UP SHEETS:** To reduce the amount of time you have to look down, use either a paper holder that can attach to your computer, or a cookbook stand or even a pile of textbooks to lean your papers and books against. This will allow you to keep your head in a more neutral position rather than having to lean forward.

6. **REGULAR BREAKS:** Every half hour or so stand up and have a stretch and walk around. It will help your memory, concentration and help reduce neck strain.

7. **STRETCHES:** If you do some gentle stretching during your study break or even some yoga moves the increase in circulation will help to reduce pressure off your joints and muscles.

8. **DRINK WATER:** Drink lots of water as dehydration is a common cause of headaches and because it has been shown this can help to ease back and neck pain.

9. **HEAT PACK:** Consider using a heat pack (usually available in chemists) or a deep heat rub.

10. **PHYSIO:** Visit a physio if you still feel you are having issues. And if this doesn’t help, see your doctor – recurring or persistent headaches should never be left untreated.