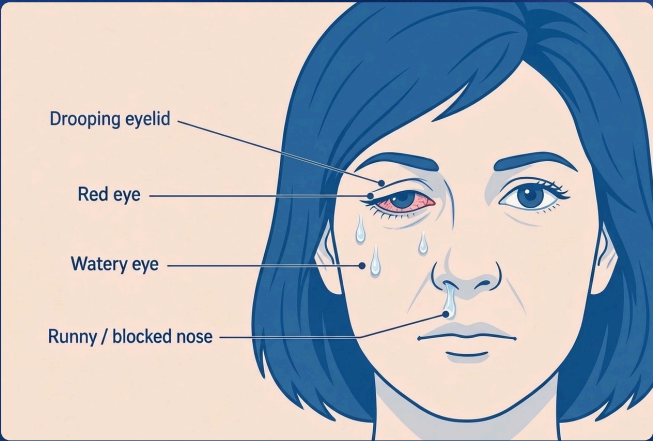
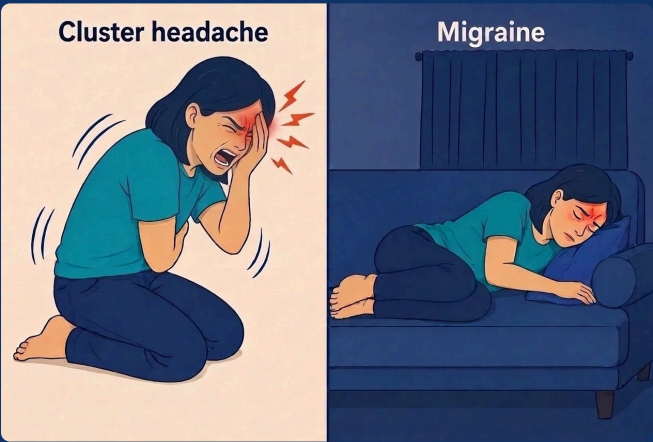


What are cluster headaches?

Cluster headaches (also known as “suicide headaches”) are often described as the worst pain a person can experience. They are different from migraines, and they need different treatment.



- Extreme pain on one side, behind the eye**
Stabbing, like a red-hot poker in the eye.
- Attacks last 15 minutes to 3 hours**
Often several times a day (at similar times), for weeks or months (clusters).
- Red or watery eye, runny or blocked nose**
Typically on the painful side only.
- Restlessness or agitation**
Pacing or rocking, unable to keep still.



Not a migraine

	CLUSTER HEADACHE	MIGRAINE
Duration	15 min to 3 hours	4 to 72 hours
Frequency	Most days, often several a day, for weeks or months	A few a month
During an attack	Restless, pacing	Lying still in a dark room

How to treat cluster headaches



Painkillers such as ibuprofen, paracetamol and opioids **do not help** with cluster headaches. High-flow oxygen, injectable triptans, and certain psychedelics can stop attacks.

Do you think you might have them?

Take the free 2-minute test.



Learn about effective treatments

ClusterInfo.org has clear, evidence-based guides for patients, care partners, and clinicians.

