

Attacks of severe headache on one side of the head, lasting generally only about 10-15 minutes

SINUS headaches (about 10% of all headaches)

Pain usually begins after or during a heavy cold or if there is allergic rhinitis

Localised pain in one area of face or head, rapid in onset

Pain worst in morning before mucus has had chance to drain

May be accompanied by earache or reduced hearing in one ear  
Pain worsens with coughing, sneezing, bending forward, sudden movements of the head

Aggravated by alcohol, sudden temperature changes and during cold seasons, or going for a warm room into the cold

History of allergies/hay fever