



January 2021  
**312 hours lost**  
*(4 migraines spanning  
16 days)*

▶ 0:00 / 1:42



*It Invaded.*

*And it was Merciless.*

A Threnody for Time Displaced in the Wake of Chronic Migraines

Bailey Manning

**rationale** This project began as a hopeful recourse and personal exploration in 2021.

I was desperate to either reduce the frequency of my migraines or stop them altogether.

So I observed them.

Journalled information about them.

Personified them.

Gave them form.

Translated them from dataset to visuals and sounds.

All in an effort to:

1. process and lament time lost to migraines:the social and daily activities I missed out on, like my best friend's birthday or making meals for myself and sleeping well at night

2. communicate subjective parts of my human experience - to find common ground and close this experience gap when talking about emotion and pain - to people who do not suffer from migraines - by using visuals in tandem with sound as analogies.



3. reacquaint myself with the autonomy that chronic migraines took from me - how I spend my time, what sounds I can or can not listen to for fear they will exacerbate a migraine.

this project is a representation of a very small portion of my migraine experience. it is not the experience itself.

**data** The data used in this project is self-reported and qualitative.  
This is what it looks like:

B	C	D	E	F	G	H	I
Day	Weather High	Weather Low	Migraine	Time of Day	Emotion	Intensity	Other Symptoms
1	51	46	1	3	3	5	Nausea
2	52	49	1	4	3	5	Brain Fog
3	53	43	1	4	3	5	Brain Fog, eye pain
4	52	45	1	4	3	5	Brain Fog, eye pain
5	50	44	1	4	3	5	Brain Fog
6	53	46	0	0	2	0	n/a
7	52	45	0	0	2	0	n/a
8	52	32	0	0	2	0	n/a
9	48	32	0	0	2	0	n/a
10	46	42	1	3	3	5	None
11	47	44	0	0	2	0	n/a
12	61	45	0	0	2	0	n/a
13	61	40	0	0	2	0	n/a
14	55	36	1	3	3	5	None
15	50	39	0	0	2	0	n/a
16	50	41	0	0	2	0	n/a
17	51	36	0	0	2	0	n/a
18	53	32	0	0	2	0	n/a
19	52	30	0	0	2	0	n/a
20	48	28	0	0	2	0	n/a
21	47	40	0	0	2	0	n/a
22	52	29	0	0	2	0	n/a
23	46	26	1	3	3	5	Nausea
24	41	38	1	4	3	5	Brain Fog
25	44	33	1	4	3	5	Brain Fog

+

≡

January ▾

February ▾

March ▾

April ▾

May ▾

5 months of migraines. January to May 2021 - migraines were most frequent.

My migraines are triggered by stress, but what about other emotions I felt during a migraine?

Could I expect to have a pain level of 10/10 for a migraine if I felt anxious?

Could I expect anything at all?

**audience** People who have not experienced migraines, but are interested in learning what that experience entails.

**design** My process: Foundations course

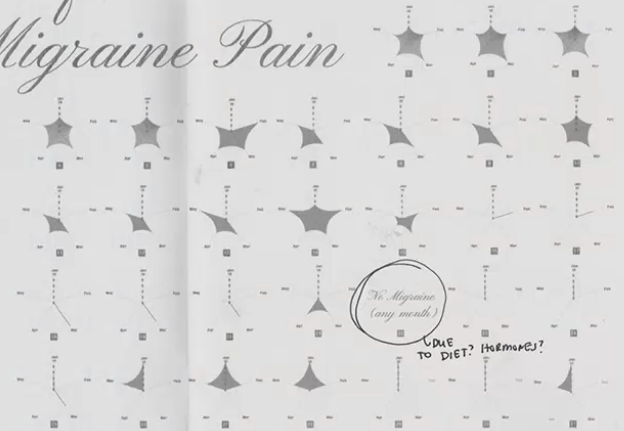
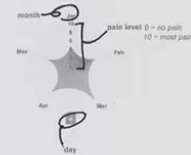
many hours of observation and iteration.

The final product of this project is as much the time spent in observation and exploration as is the final visualizations and sonification.



# 5 Months of Migraine Pain

## How to Read:



Data visualizations:  
The incorporation of neuron imagery



neutral color palette with bright accent colors

#000000



#cccccc

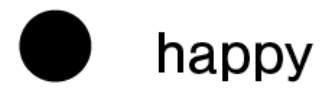


#cccc33



#b19748

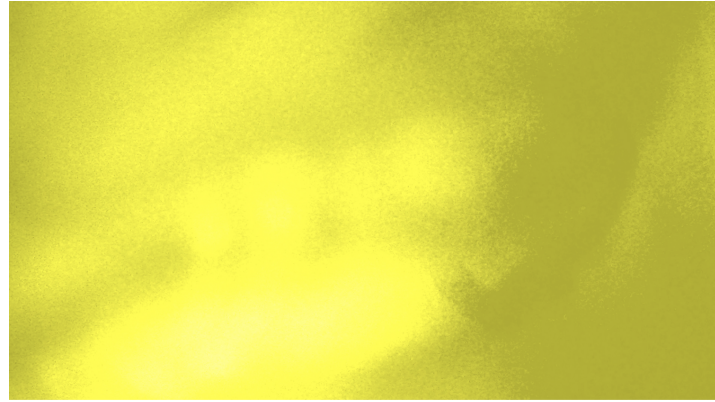
Shapes representing my perception of emotion type. how emotions (sharp and frazzled to round and stable)



Sonification video:

Personal photo and video footage taken during the month of the sonification. (January)

Still photography details migraine days.



Greyscale video represents non-migraine days.



Website design - my mind and the migraine experience

*It Invaded.*  
*And it was Merciless.*

A Threnody for Time Displaced in the Wake of Chronic Migraines

*Click for context*

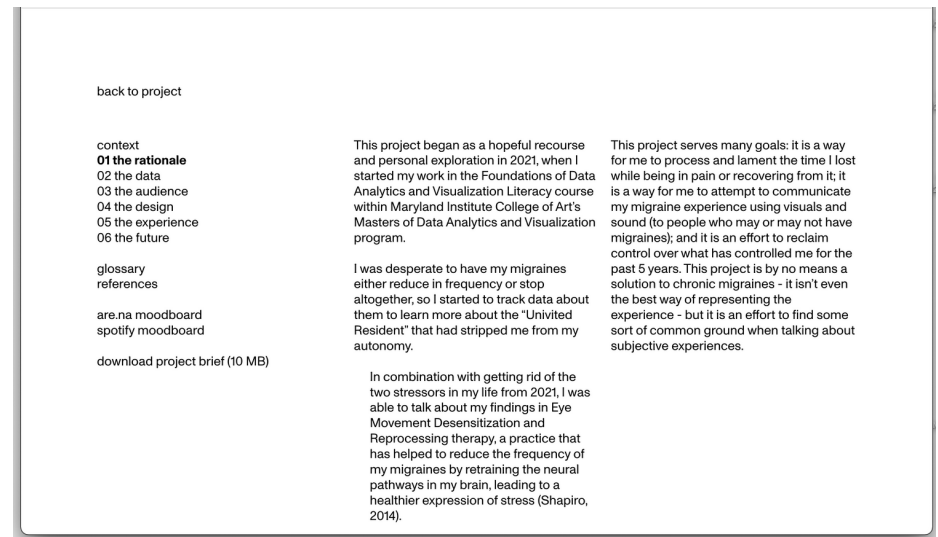
*Scroll to enter*



Many moving parts hint at chaos.

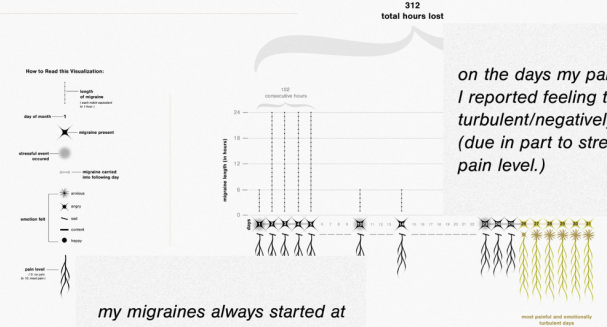


Presentation and context pages represent another aspect of my migraine experience: a sense of boredom and profound loneliness in my frequent pain.



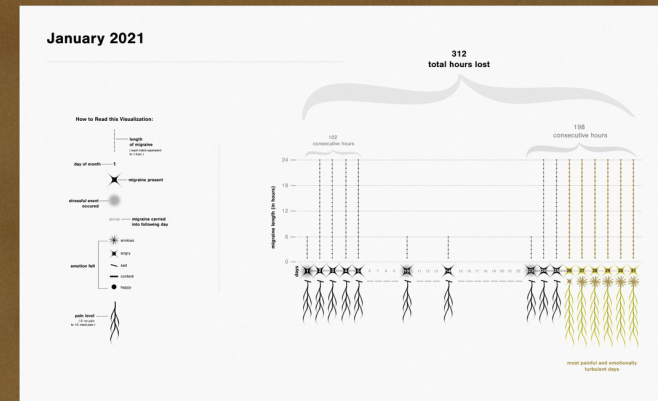
**experience** Intentionally a bit frustrating/overstimulating.

January 2021



*on the days my pain was highest,  
I reported feeling the most  
turbulent/negatively.  
(due in part to stress and also to  
pain level.)*

*my migraines always started at night and often would last into the following day(s). They never started in the morning or afternoon.*



The intended use of this project: to inform, explore, observe, and feel, with the hope that the audience will consider what their personal data could look and sound like—and if those representations are more true to their experience than

words alone.

Above all: approachable.

**future** Finishing data sonifications for all 5 months - album.

Continuing to explore - experimenting with physical objects, smells, and gesture. Trying different sounds: voice, only objects from my bedroom (where I spent most of my time during these 5 months)