PEM/PESE TRIGGERS

Physical
- Movement
  - Turning over in bed
  - Moving the body throughout the day
  - Basal metabolism for vital functions
- Hormonal
  - Puberty, menstruation, etc.
- Immune
  - Mast cell activation, etc.

Orthostatic Stress
- Upright activity
- Time with feet on the ground

Cognitive
- Thinking
- Processing
- Concentration

Emotional
- Eustress
- Distress

Sensory
- Auditory
  - Tinnitus, hyperacusis, etc.
- Visual
  - Brightness, flashing, multiple inputs
- Olfactory
  - Hypo/hyper-osmia
- Kinesthetic
  - Physical pressure, vibration, neural tension

Environmental
- Temperature
- Barometric pressure
- Chemical exposures
- Electromagnetic frequency (EMF)
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