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.

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

Orthostatic Stress
Upright activity
- Time with feet on the ground

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