



Checklist for Relieving an Itchy Scalp

Some simple hair habits can cause your scalp to itch. To stop the itchiness, you need to correct these habits.

I've curated a checklist to help you examine your hair habits and see what you need to work on.

	Yes	No	If yes, what to do
Do you experience increased scalp itchiness after using a particular hair product?			Stop using the hair product. Note: You may need to use each hair product at different times to know which causes your scalp to itch.
Do you sleep immediately after washing your hair while it's still wet?			Make sure you dry your hair before going to bed.
Do you tend to scratch your scalp at every chance you get, even if it's a slight urge?			Keep your hands off your hair as much as possible. Scratching it, even playfully, can encourage you to itch your scalp further.
Do you shampoo your hair every day?			Reduce how often you wash your hair. Shampooing your hair too often dries it out, encouraging itchiness.
Do you go a month or more without washing your hair?			Arrange to wash your hair more often. Product and oil buildup may be causing your scalp to itch.
Do you almost always wear wigs or other hair coverings?			Reduce how often you wear hair coverings. The heat from always covering your hair can increase buildup and encourage itchiness.

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Now, let's get back to the [itchy scalp home remedies](#) to use.