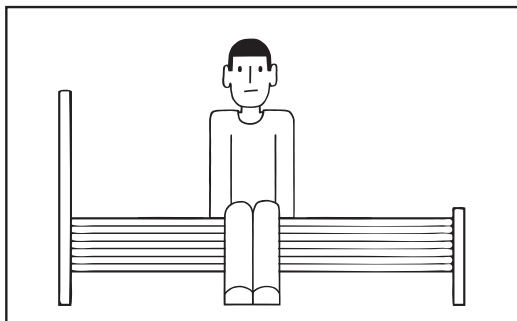
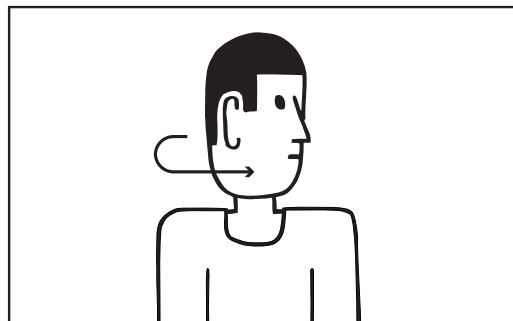


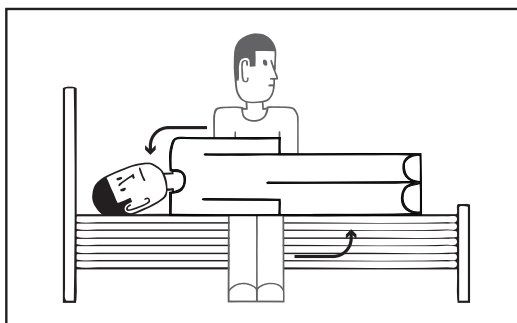
Benign paroxysmal positional vertigo (BPPV) is caused by crystals collecting in one of the fluid-filled balance canals of the inner ear. These exercises are designed to flush the crystals out of the canal—if you do them regularly, the dizziness usually goes away after a few days. The exercises need to make you feel dizzy if they're going to work. If you were prescribed drugs for nausea, do not use them for more than 2 days.



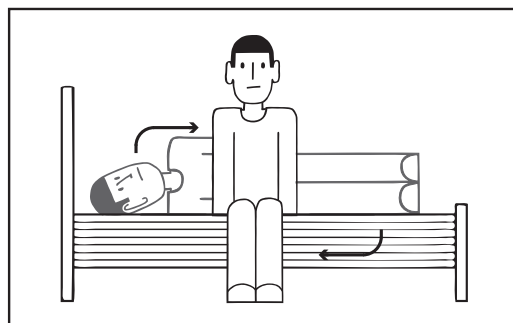
1. Take the pillows off the bed.
Sit on the edge of the bed, in the middle.



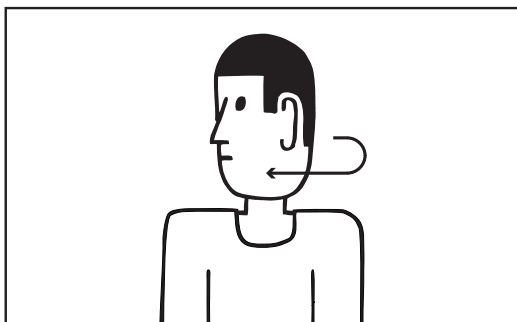
2. Turn your head 45 degrees to the left.



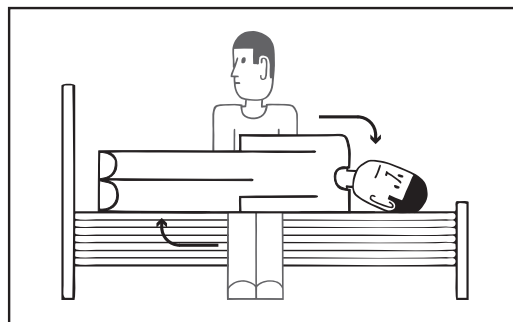
3. Keeping your head in this position, lie down quickly on your right side so the back of your head is resting on the bed. If you're dizzy, wait for this to go away. If you're not dizzy, wait 20 to 30 seconds.



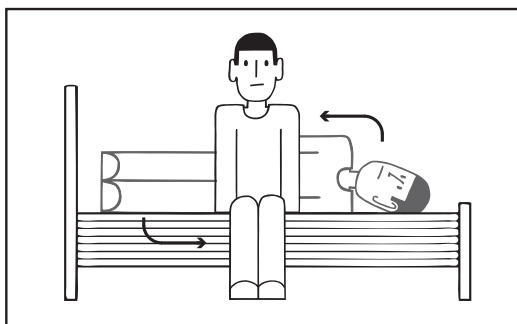
4. Sit up straight. If you're dizzy, wait for this to go away. If you're not dizzy, wait 20 to 30 seconds.



5. Turn your head 45 degrees to the right.



6. Keeping your head in this position, lie down quickly on your left side so the back of your head is resting on the bed. If you're dizzy, wait for this to go away. If you're not dizzy, wait 20 to 30 seconds.



7. Sit up straight. If you're dizzy, wait for this to go away. If you're not dizzy, wait 20 to 30 seconds.

Repeat the exercises for 10 minutes. Do the exercises at least 5 times on each side. If you can, do the exercises 3 times a day (in the morning, early afternoon and at night).