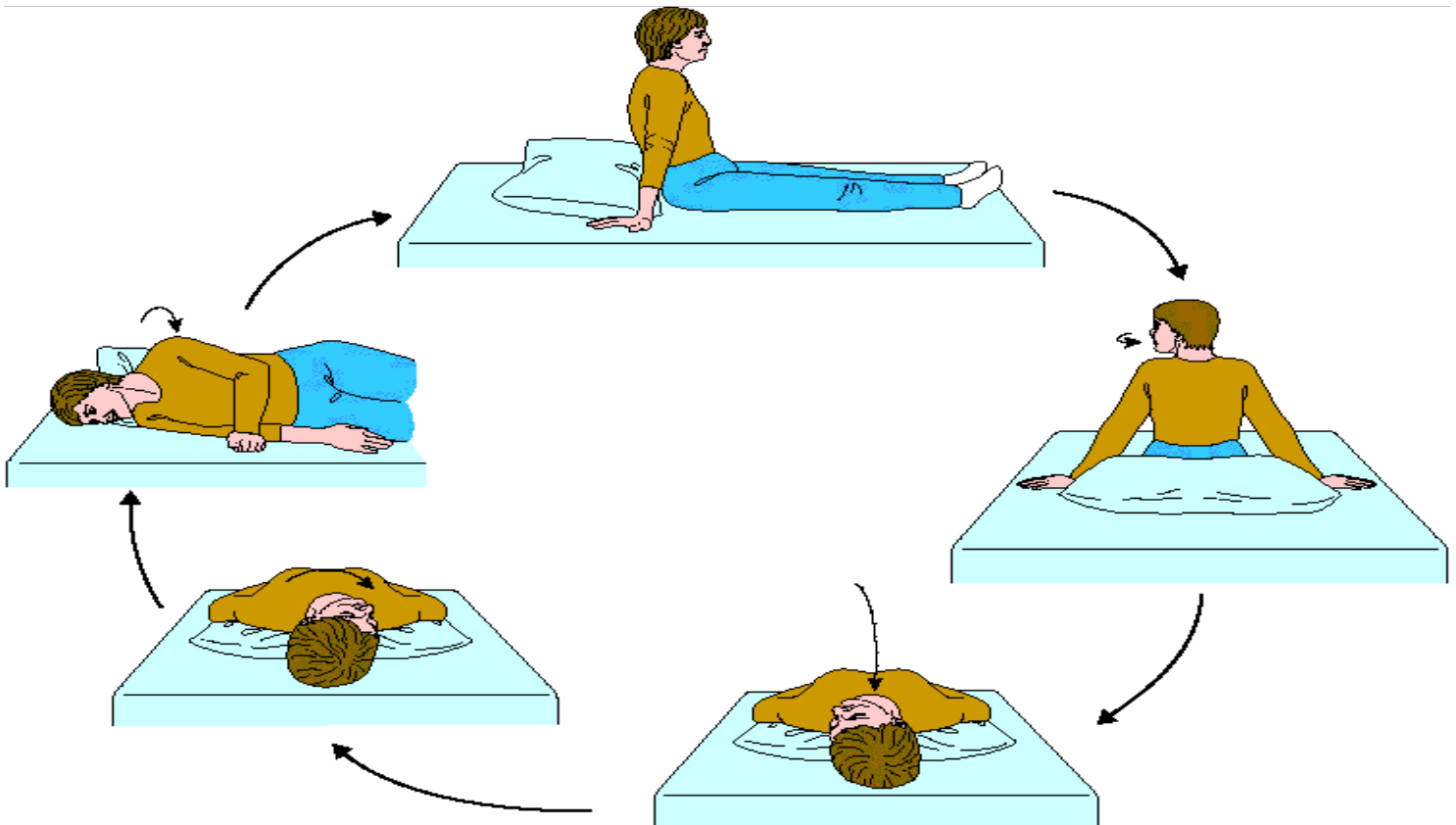


## HOME EPLEY MANEUVER for BPPV



(c) Chicago Dizziness and Hearing, 2007

The home Epley method (for the left side) is performed as shown on the figure to the right. The maneuver for the right side is just the mirror image.

One stays in each of the lying down positions for 30 seconds, and in the sitting upright position (top) for 1 minute. Thus, once cycle takes 2 1/2 minutes. Typically 3 cycles are performed just prior to going to sleep. It is best to do them at night rather than in the morning or midday, as if one becomes dizzy following the exercises, then it can resolve while one is sleeping.