



1. Your physician will indicate the affected ear. Ensure that you start the Epley maneuver on the correct side.
2. Sit upright in the center of the bed with legs extended. Turn your head 45 degrees toward the symptomatic ear. This may trigger some momentary dizziness.
3. Keep your head turned to the side, and lie down. Your back and shoulders will rest on the pillow, and your head will tilt back to rest on the bed. Remain this way for 30 to 60 seconds, breathing naturally. More transient vertigo may occur when you lie down.
4. Turn your head to the opposite side while lying on the pillow. Stay in place for 30 seconds, breathing comfortably. Turning the head may provoke yet another dizzy spell.
5. Roll onto your side, so your body and your head lie in the same direction, and bracing yourself with your top hand, roll forward slightly so you can turn your face toward the floor. Remain in this position for 30 seconds to 60 seconds, breathing easily. Another dizzy spell may occur.
6. Swing your legs and feet over the side of the bed and sit upright. Keeping your head straight, tuck your chin in 45 degrees. Remain in place for 60 seconds, breathing comfortably.