**Brandt-Daroff exercises**

Some cases of Benign Parosysmal Postitional Vertigo (BPPV) can be managed by Brandt-Daroff exercises. Brandt-Daroff exercises are a treatment for BPPV that can be performed at home without the supervision of a specialist. The repeated head movements may work by moving the crystals that cause BPPV back to their correct position inside the inner ear. Alternatively, it may be that repeated exposure to movements that provoke dizziness symptoms teaches your brain not to listen to the signals it is receiving from the ears as much (vestibular compensation).

**Instructions**

1. Sit on the edge of the bed and turn your head 45 degrees to one side.

2. Quickly lie down on your opposite side (to the left if you turned your head to the right, and vice versa) so that the back of your head behind your ear touches the bed.

3. Hold this position for about 30 seconds or until the dizziness symptoms stop.

4. Return to the sitting position.

5. Repeat steps 1-4 on the other side.

You should repeat these steps three times or until you have completed six repetitions on each side. You should do the exercises two to three times a day for two weeks. These exercises are likely to make you feel dizzy whilst you perform them, but it is important to persevere in order to feel any benefit.

The following Youtube video may also be helpful:

[NHSGGC - Vestibular Exercises 007 Brandt Daroff - YouTube](https://www.youtube.com/watch?v=H8xK2MTUTT8)