

Self-treatment of benign positional vertigo (right)

The diagram consists of five numbered panels (1-5) showing the progression of the Epley maneuver. Panel 1 shows a person sitting upright. Panel 2 shows the person reclining back with their head on a pillow, with a 45-degree angle indicated. Panel 3 shows the person turning their head 90 degrees to the left, with a 90-degree angle indicated. Panel 4 shows the person turning their body and head another 90 degrees to the left, with a 90-degree angle indicated. Panel 5 shows the person sitting up on their left side.

Start sitting on a bed and turn your head 45° to the right. Place a pillow behind you so that on lying back it will be under your shoulders.

Lie back quickly with shoulders on the pillow and head reclined onto the bed. Wait for 30 seconds.

Turn your head 90° to the left (without raising it) and wait again for 30 seconds.

Turn your body and head another 90° to the left and wait for another 30 seconds.

Sit up on the left side.

This maneuver should be carried out three times a day. Repeat this daily until you are free from positional vertigo for 24 hours.