



ONE exercise comprises the following:

1. Start by sitting upright on a bed, sofa, or bench, while looking straight ahead.
2. Lie onto your (right/left) side (shoulder) with the back corner of your head supported on the surface. Keep your head half way (45 degree angle) towards the opposite shoulder and chin tilted upward. Stay here for 25-30 seconds or until any dizziness has completely disappeared and no longer than one minute.
3. Move back to the upright, sitting position looking straight ahead. Stay here for 25-30 seconds. Repeat this exercise 2 more times.
4. Lie onto your (right/left) side (shoulder) with the back corner of your head supported on the surface. Keep your head half way (45 degree angle) towards the opposite shoulder and chin tilted upward. Stay here for 25-30 seconds or until any dizziness has completely disappeared and no longer than one minute.
5. Move back to the upright, sitting position looking straight ahead. Stay here for 25-30 seconds. Repeat this exercise 2 more times.

Sit for 5-10 minutes after completing the entire exercise.

This exercise (left and right) should be performed 3 times (morning, afternoon and evening-**do not do it immediately before going to bed**) each day to be effective. You will probably feel dizzy for the first 2 repetitions of a set of 3, although the dizziness will lessen each time. Do this every day until you have had 2 dizzy-free days. This usually takes 2 weeks. If you are unclear on any aspect of the exercises, **please access our website** (www.markyantamd.com) **and watch our Brandt-Daroff video for instruction.** Do not attempt anything that you are not comfortable with.