1. Sit on your couch or bed.

2. Turn your head about half way (45 degrees) to the **Right**.

3. Quickly lie down onto your **Left** side. Stay on the **Left** side until your dizziness goes away, PLUS 30 seconds. If there is no dizziness, lie on your side for 30 seconds.

4. Sit up quickly. Wait 30 seconds.

5. Turn your head about half way (45 degrees) to the **Left**.

6. Quickly lie down on your **Right** side. Stay on the **Right** side until your dizziness goes away, PLUS 30 seconds. If there is no dizziness, lie on your side for 30 seconds.

7. Sit up quickly. Wait 30 seconds.

**This completes 1 repetition.**

Do 5 repetitions, 2 times each day for 2 weeks.