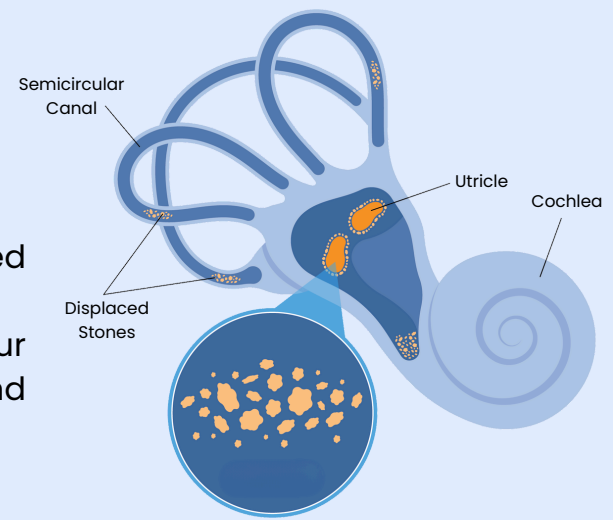


BPPV & DIZZINESS

Benign Paroxysmal Positional Vertigo (BPPV) is the most common cause of vertigo—a spinning sensation triggered by certain head movements. It occurs when tiny crystals in your inner ear shift into the wrong canal, disrupting your sense of balance. Fortunately, BPPV is highly treatable and often resolves quickly with simple maneuvers.



WHAT YOU CAN DO



MOVE CAREFULLY

Avoid sudden head movements or lying flat when dizzy to reduce vertigo episodes.



SLEEP SLIGHTLY ELEVATED

Use pillows to keep your head above shoulder level while sleeping.



PROTECT YOUR AFFECTED SIDE

Avoid lying on the side that triggers symptoms—your provider can help you identify that.



DO YOUR HOME EXERCISES

Stick to prescribed movements like the Brandt-Daroff exercises to help your recovery.



STAY HYDRATED

Drinking enough water can help reduce the frequency and intensity of dizziness.



CHECK IN WITH YOUR PROVIDER

Follow up to ensure your symptoms are improving and to adjust care if needed.



AVOID RISKY ACTIVITIES

Don't drive or operate machinery while experiencing active vertigo.



KNOW WHEN TO CALL 911

Seek emergency care for new or worsening symptoms like double vision or slurred speech.