Royal United Hospitals Bath
NHS Foundation Trust

Benign Paroxysmal Positional Vertigo (BPPV) and

The Epley Manoeuvre at Home

What is BPPV?

BPPV is a common condition where tiny crystals in the inner ear become dislodged. This causes short bursts of intense dizziness (vertigo) when you move your head in certain ways, such as rolling in bed or looking up.

The Home Epley Manoeuvre

The Epley manoeuvre is a series of four head movements designed to use gravity to move the crystals back to a part of the ear where they will not cause dizziness. If you have symptoms on turning to the right your doctor will likely suggest treating your right ear; if you have symptoms on turning to the left, then they will likely recommend the manoeuvre for the left ear.

Instructional Video:

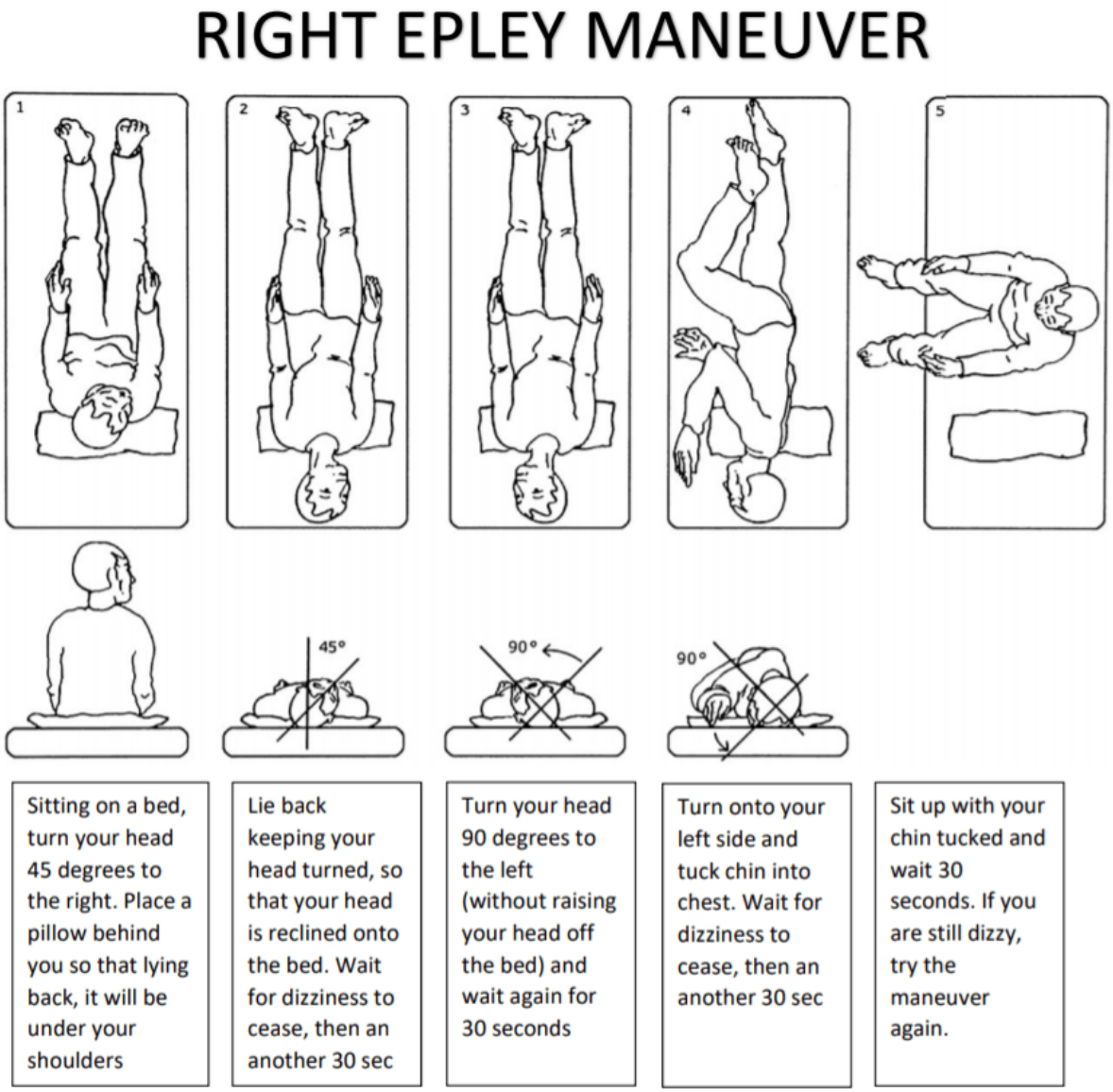
Before starting, it is highly recommended to watch the official ENT UK demonstration:

- **Video Link:** ENT UK Home Epley Manoeuvre

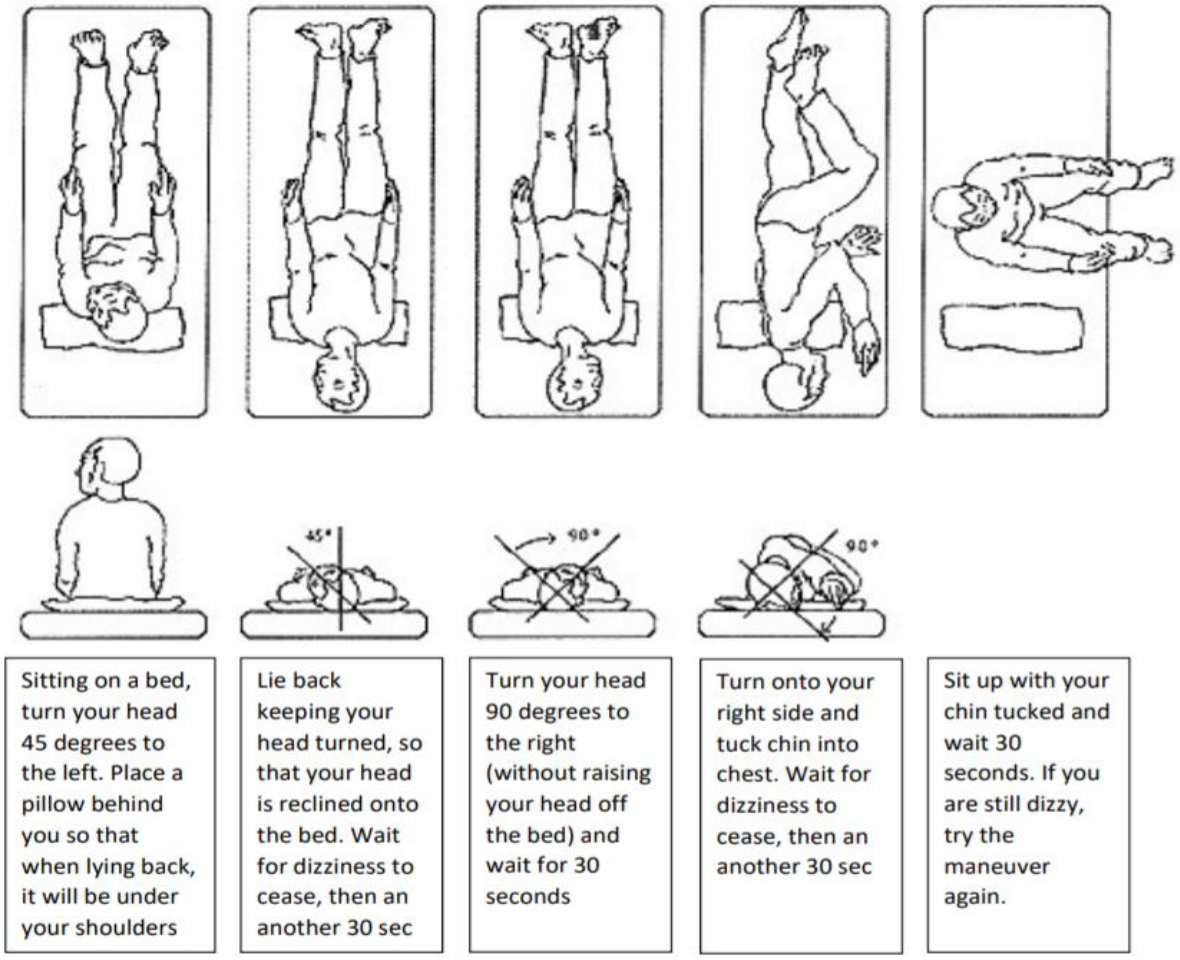
Note: You may feel dizzy during these movements. This is expected. Wait for the dizziness to stop in each position before moving to the next.

Precautions and Aftercare

- **Safety:** Have someone with you the first few times you try this.
- **Driving:** Do not drive if you are currently experiencing active vertigo.
- **Next 48 Hours:** Avoid sleeping on the affected side and avoid extreme head tilts (e.g., looking high up at shelves).



LEFT EPLEY MANEUVER



Contact Information

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If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

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