Benign paroxysmal positional vertigo (BPPV) is caused by a problem in the inner ear. Tiny calcium "stones" inside your inner ear canals help you keep your balance. Normally, when you move a certain way—such as when you stand up or turn your head—these stones move around. But things like infection or inflammation can stop the stones from moving as they should. This sends a false message to your brain and affects your balance.
*If your doctor tells you that the LEFT ear is affected/abnormal, you will start the exercise with your head turned to the RIGHT (looking over your RIGHT shoulder). If your doctor tells you that the RIGHT ear is affected/abnormal, you will start the exercise with your head turned to the LEFT (looking over your LEFT shoulder).
1. Sit on edge of bed, turn your head slightly to the left side (approximately 45 degrees).
2. While maintaining this head position, lie down quickly on the right side, so that the back of the head is resting on the bed. Wait for 20 to 30 seconds or for any dizziness to resolve.
3. Sit up straight, again waiting for 20 to 30 seconds or for any dizziness to resolve.
4. Turn your head slightly to right side and repeat the sequence in the opposite direction.

Continue as above for 10 minutes (5 or more repetitions to each side).