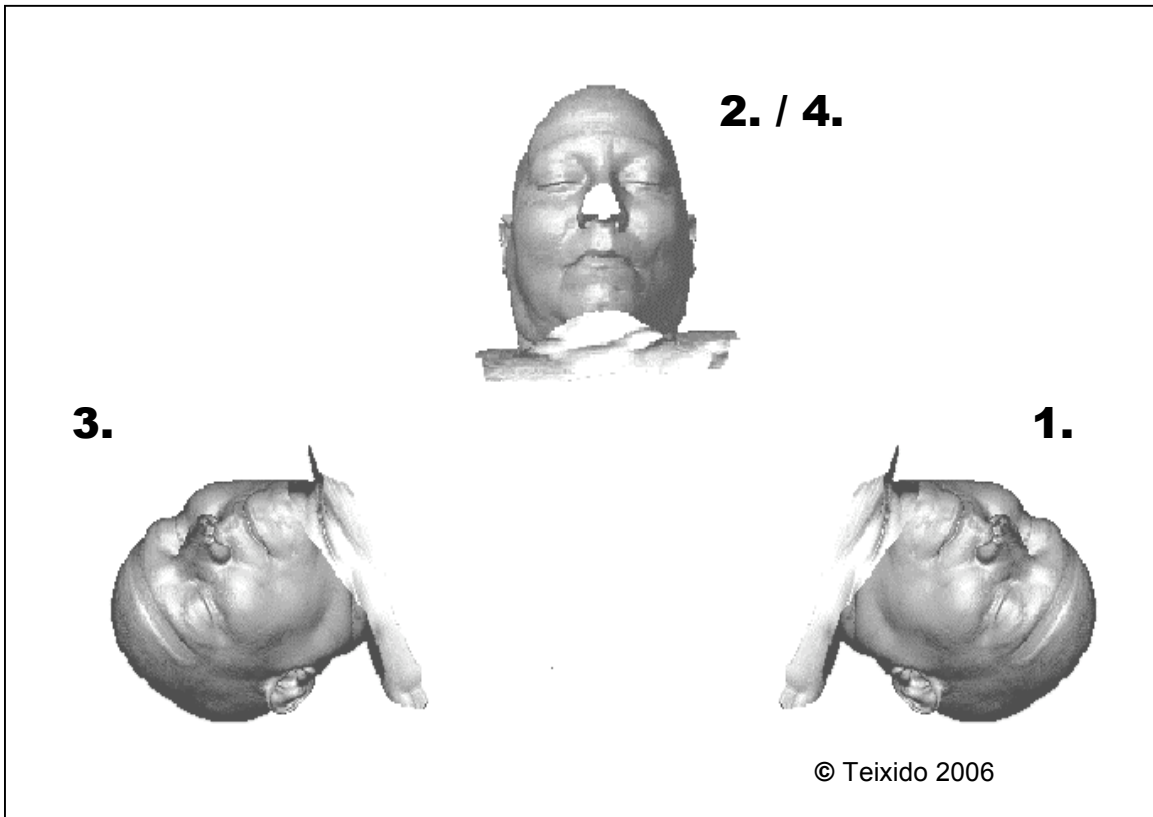


Brandt-Daroff Exercises

Perform these on a sofa or a bed where you can fully lie down in a horizontal position.

1. Lie on your left side with your nose pointed 45° upward (head pointed towards the right).
Wait 30 seconds.
2. Sit upright. Wait 30 seconds.
3. Lie on your right side with your nose pointed 45° upward (head pointed towards the left).
Wait 30 seconds.
4. Sit upright. Wait 30 seconds.

Repeat this 5 times (10 minutes total) in the morning and the evening until your return visit.



Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
AM														
PM														

Mark each box with an **X** after you have completed each set of exercises.
 If your set of exercises has produced no symptoms, mark the box with a circle.
 Bring this sheet with you to your follow-up appointment.