Sleep manoeuvre

Left posterior canal BPPV

Use only when your physiotherapist has confirmed **LEFT posterior canal BPPV** and prescribed this manoeuvre.

1. Start sitting upright

Sit upright in bed. Keep your head **centred** and look straight ahead.

A low pillow may be used for comfort. Keep your head neutral, without tucking your chin towards your chest.



2. Lie on your back

Lie back, keeping your face towards the ceiling and your head **centred**. Keep your neck comfortably supported.

Let any spinning settle, then **wait 3 minutes**.



3. Roll onto your RIGHT side

Roll your head and body together onto your **RIGHT side**. Keep your neck neutral: **right ear down, left ear up**.

Stay for **at least 30 minutes**, or fall asleep here if comfortable.



How often: once at bedtime, for the number of nights advised by your physiotherapist.

Remember: use assistance if needed and sit up slowly when getting out of bed. Stop and contact your physiotherapist if you develop pain, severe symptoms or symptoms that do not settle.

This manoeuvre should be personally prescribed by your treating physiotherapist. If your circumstances change or symptoms persist, seek review before continuing.

Based on Shih & Wang (2013), doi:10.1007/s00415-012-6807-9; Lee et al. (2021), doi:10.1016/j.anl.2021.01.009. Timing and pillow guidance: Vestibular First, Sleep Maneuver for Posterior Canal.