



## HABITUATION (Brandt-Daroff) EXERCISES



**Sit on the edge of a bed with your feet flat on the ground . . .**

1. Turn your head to the **LEFT** and lie down **QUICKLY** onto your **RIGHT** side.
  - If you do not have symptoms, remain here and count to 30.
  - If you **DO** have symptoms, wait until they are completely gone, then count to 30.
2. **QUICKLY** sit up and look straight ahead.
  - If you do not have symptoms, remain here and count to 30.
  - If you **DO** have symptoms, wait until they are completely gone, then count to 30.
3. Turn your head to the **RIGHT** and lie down **QUICKLY** onto your **LEFT** side.
  - If you do not have symptoms, remain here and count to 30.
  - If you **DO** have symptoms, wait until they are completely gone, then count to 30.
4. **QUICKLY** sit up and look straight ahead.
  - If you do not have symptoms, remain here and count to 30.
  - If you **DO** have symptoms, wait until they are completely gone, then count to 30.



**This completes one cycle.**

- **REPEAT 3 CYCLES PER SESSION, 3 SESSIONS A DAY.**
- To maximize the benefits of this exercise; perform in a well-lit room, keep your head still, your eyes open and focused, limit any distractions and concentrate on the steadiness or your surrounding (the ground, objects in the room, etc.).
- Once you are able to perform exercises without feeling any symptoms for **3** consecutive days, you can stop the exercise protocol.

**-HOWEVER-**

- It is recommended that you complete 1 cycle to “test” yourself daily for symptoms (first thing in the morning) – if they recur you should resume the protocol.