

Balance Diary Guidance

If you have had an attack of dizziness please write down the following:

- Type of dizziness: spinning, floaty, lightheaded, swaying etc
- How long it lasted for
- Did you notice a trigger for example, when you lay down, turned over in bed, put washing into washing machine
- Did you have any other symptoms at the same time, before or after such as a headache, nausea, vomiting

Spend five minutes at the end of the day to write down:

- What you had to eat
- What you had to drink
- What tablets you have taken
- What your balance has been like (see below also)
- If anything out of the ordinary good or bad happened.

If you think something is affecting your balance, then try cutting it out of your diet for a month. Keep your diary to see if it makes a difference. Then put it back into your diet for a month and keep your diary. This will help you make changes that make things better.

Day	Type of dizziness	Duration	Triggers	Other Symptoms
Example	Spinning	5mins	Turning to the right	Nausea
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Accessibility

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