

Dizziness Episode Log

Name: _____

Week of: _____

Log each episode while it is fresh. Tick what fits, bring the sheet to your appointment.

EPISODE 1

Date: _____ Time: _____ Lasted: _____ Intensity (circle): 1 2 3 4 5 6 7 8 9 10

IT FELT LIKE ☐ Spinning vertigo ☐ Rocking / swaying ☐ Lightheadedness ☐ Floating ☐ Off-balance

IT STARTED WHEN ☐ Lying down ☐ Standing up ☐ Turning head ☐ Walking Other: _____

CAME WITH ☐ Nausea ☐ Ear fullness ☐ Tinnitus ☐ Hearing change ☐ Headache ☐ Neck pain ☐ Visual blur ☐ Anxiety

WHAT HELPED ☐ Rest ☐ Medication ☐ Epley ☐ Hydration ☐ Nothing

THE 24H BEFORE Sleep: _____ hrs Stress (1-5): _____ ☐ Salty food ☐ Caffeine ☐ Poor sleep ☐ Screens all day

Notes: _____

EPISODE 2

Date: _____ Time: _____ Lasted: _____ Intensity (circle): 1 2 3 4 5 6 7 8 9 10

IT FELT LIKE ☐ Spinning vertigo ☐ Rocking / swaying ☐ Lightheadedness ☐ Floating ☐ Off-balance

IT STARTED WHEN ☐ Lying down ☐ Standing up ☐ Turning head ☐ Walking Other: _____

CAME WITH ☐ Nausea ☐ Ear fullness ☐ Tinnitus ☐ Hearing change ☐ Headache ☐ Neck pain ☐ Visual blur ☐ Anxiety

WHAT HELPED ☐ Rest ☐ Medication ☐ Epley ☐ Hydration ☐ Nothing

THE 24H BEFORE Sleep: _____ hrs Stress (1-5): _____ ☐ Salty food ☐ Caffeine ☐ Poor sleep ☐ Screens all day

Notes: _____

EPISODE 3

Date: _____ Time: _____ Lasted: _____ Intensity (circle): 1 2 3 4 5 6 7 8 9 10

IT FELT LIKE ☐ Spinning vertigo ☐ Rocking / swaying ☐ Lightheadedness ☐ Floating ☐ Off-balance

IT STARTED WHEN ☐ Lying down ☐ Standing up ☐ Turning head ☐ Walking Other: _____

CAME WITH ☐ Nausea ☐ Ear fullness ☐ Tinnitus ☐ Hearing change ☐ Headache ☐ Neck pain ☐ Visual blur ☐ Anxiety

WHAT HELPED ☐ Rest ☐ Medication ☐ Epley ☐ Hydration ☐ Nothing

THE 24H BEFORE Sleep: _____ hrs Stress (1-5): _____ ☐ Salty food ☐ Caffeine ☐ Poor sleep ☐ Screens all day

Notes: _____

Prefer the automatic version?

Dizzin logs all of this in about 30 seconds per episode and builds a doctor-ready PDF report.
dizzin.app

Free template from dizzin.app. For personal use and clinical handouts; feel free to print and share. This sheet is a tracking aid, not medical advice.