

Pathology	Timing	Triggers
BPPV Transient vertigo	Less than one minute	Change in head position relative to gravity (e.g. tilting, lying down)
Orthostatic Hypotension	Less than one minute	Rising from sitting or supine
Meniere's disease (vertigo, unilateral tinnitus)	Hours	Salt, caffeine, tobacco, stress, alcohol
Vestibular Migraine (vertigo, motion intolerance)	Hours	Chocolate, cheese, red wine, hormonal changes, stress, bright/flickering light, atmospheric pressure change, disruption of sleep pattern, caffeine withdrawal
Vestibular neuritis/ Labyrinthitis (prolonged vertigo)	Hours to days with gradual decrease	Prior viral symptoms, idiopathic
Cerebellar Stroke (Ataxia, vertigo)	Sudden onset persistent symptoms	Stroke risk factors
Anxiety/Hyperventilation (lightheaded, parasthesias)	Varies	Situational