



# Restless Legs Syndrome

**Restless Legs Syndrome** is a movement disorder. It involves an intense urge to move your legs at bedtime. RLS symptoms vary from person to person. These symptoms can be hard to describe. Many people say their legs feel “creepy” or “crawly”. This uncomfortable sensation occurs most often in the lower legs or calves, and are usually worse while lying still. Often the only relief is by moving or stretching the legs.

## Possible Consequences of Untreated RLS

- **Prevent you from falling asleep or staying asleep (Insomnia)**
- **Poor Sleep Quality**
- **Tired during the day leading to poor performance at work or unable to take part in social activities.**
- **Hard to travel by car or plane.**
- **Interfere with your ability to stay seated at movies, concerts, and in business meetings.**
- **Anxiety and Depression**

### Medical conditions that may increase the Chance of developing RLS:

- Low blood iron levels
- Poor blood circulation in legs
- Nerve problems in the spine or legs
- Muscle disorders
- Kidney disorders
- Alcoholism
- Vitamin and Mineral deficiencies

## How is RLS Diagnosed?

You may need to see a sleep specialist or neurologist who has expertise with RLS. Your doctor will base his/her diagnosis on a complete medical history and physical exam. Additional tests may help determine if your complaints are related to another medical condition. However, having all of these symptoms clearly indicates that you have RLS:

1. You have an intense urge to move your legs.
2. You have unpleasant sensations in your legs  
That you might describe with these words:  
Creeping, crawling, pulling, tingling, or electric feelings
3. Symptoms are worse when resting or inactive,  
Especially when sitting or lying down.
4. Moving your legs relieves the symptoms.
5. Symptoms are worse in the evening or at bedtime.

### Home Remedies for mild or occasional RLS:

- Hot baths
- Leg massage
- Applied heat
- Ice packs
- Aspirin or other pain relievers
- Regular exercise
- The elimination of caffeine

## How is RLS Treated?

The first step in treating RLS is to see if you have any other conditions that are related to the problem such as: Iron deficiency anemia, diabetes, arthritis and other uses of medications. Detecting these conditions may sometimes relieve the symptoms of RLS, if not, it may be time to see a sleep specialist or neurologist.