

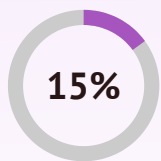
LIVING WITH RESTLESS LEG SYNDROME



What Is Restless Leg Syndrome (RLS)?

Restless leg syndrome (RLS) is an unpleasant urge to move your legs during periods of rest. Symptoms are typically worse at night and fade with movement. RLS often impairs sleep, leading to chronic fatigue.

Who Gets Restless Leg Syndrome (RLS)?



RLS affects up to 15% of the population. The problem affects both sexes but is slightly more common in women, especially during pregnancy. RLS becomes more prevalent as we age.

What Causes Restless Leg Syndrome (RLS)?

Researchers are not sure, and in many cases, there is no identifiable cause. However, we know that various nervous system or vascular-related disorders are potential culprits.

- Cardiovascular disease
- Sleep apnea
- Diabetes
- Peripheral neuropathy
- Renal disease
- Anemia or iron deficiency
- Vitamin D deficiency
- Autoimmune disorders (Lupus)
- Dopamine disorders (Parkinson's, Huntington's, and Tourette's)
- Various medicines (Including several that are used to treat RLS!)

What Helps Restless Leg Syndrome (RLS)?

While there is no cure, there are many things that you can do to help RLS.



Exercise daily (but not right before bedtime)



Establish sleep routines



Stretch your legs



Practice relaxation, like meditation or yoga



Use hot packs or warm baths



Limit caffeine & alcohol



Avoid tobacco



Maintain a healthy weight



Massage your legs*

What RLS feels like:

- Nervous energy
- Jittery
- Itching
- Insects crawling
- Water moving
- Tingling
- Pulling
- Burning
- Throbbing
- Grabbing
- Electric currents
- Pain

* Unless you have redness, swelling, warmth, or other signs of a blood clot, then call your doctor immediately.