

# Restless Leg Syndrome

## What is Restless Leg Syndrome (RLS)?

RLS is a condition that causes a person to have an uncontrollable urge to move their legs. This sensation typically happens in the evening hours when a person is sitting or lying down. RLS symptoms range from mild to unbearable

## Symptoms:

- **Uncomfortable sensations** in the legs begin after a person puts their body in a restful position (i.e. sitting or lying down).
- **Leg twitching** during sleep. The twitching can unknowingly become more often as the night progresses.
- **Relief with movement.** The sensation of RLS lessens with movement, such as stretching, jiggling your legs, pacing or walking

## Causes Of RLS:

- **Chronic diseases:** Diabetes, iron deficiency, renal failure.
- **Medications:** Anti-depressants, medicine for neuropathy, cold and allergy medications that contain antihistamines (i.e. Benadryl).
- **Pregnancy**
- **Lifestyle:** Caffeine, smoking, overuse of alcohol and sleep deprivation
- **Genetics**



## How to Cope with RLS

- **Self-Care:** Walk around your home or pace around your bedroom until the sensation has gotten better.
- Drink less caffeine and try to stop smoking.
- Massage Therapy or Heating Pads

**Talk to your doctor about possible medications that may help with RSL.**