



Associated Neurologists, P.C.
69 Sand Pit Road Danbury, Connecticut 06810 (203) 748-2551
<http://www.associatedneurologists.com>



Restless Legs Syndrome

What is Restless Legs Syndrome?

Restless Legs Syndrome (RLS) often appears in otherwise healthy people, and is not related to emotional or psychiatric disorders. People experience restless legs in many different ways, but all describe very unpleasant “creepy crawly” sensations that occur in the legs when they are sitting or lying still, especially at bedtime. For some people, RLS is very painful, but the pain is not like that of a leg cramp. RLS is also different from the feeling of a limb having “fallen asleep” when the blood supply is cut off, and from the “pins and needles” or burning sensations sometimes experienced by diabetics. The pain and unpleasant feelings of RLS appear most often in the calves and can be temporarily relieved by stretching or moving the legs. Although it affects primarily the legs, it can also affect the arms.

If you suffer from restless legs syndrome, you will find that it occurs primarily when you are awake, but that it can also affect your ability to sleep. The constant need to stretch or move the legs to get rid of uncomfortable or painful feelings often prevents a person with RLS from falling asleep. Extreme tiredness during the day can be one result, with the inability to participate in normal activities or carry out regular duties. During the day, RLS can limit your activities by interfering with the length of time you are able to travel by car, airplane, or any other kind of transportation that requires you to sit still for long periods of time. RLS can disturb your enjoyment of movies or concerts, and limit your participation of business meetings. The sleep loss and disturbance of daytime activities can lead to feelings of anxiety and depression.

How is Restless Legs Syndrome Treated?

- First, determine whether underlying causes (such as anemia, diabetes, arthritis, lung disease, or the use of antidepressant medications) are contributing.
- Health care providers may prescribe medication for the treatment of RLS.

Home Remedies

- Hot bath.
- Leg Massage.
- Use of heating pad.
- Use of ice packs.
- Taking Aspirin or other pain relievers.
- Elimination of caffeine.
- Using Vitamin E and supplemental calcium.