

Restless Leg Syndrome (RLS)

Restless Leg Syndrome is described as an uncomfortable leg sensation that occurs continually while the body is at rest. It may be a central nervous system disorder and occasionally is associated with iron-deficiency anemia, pregnancy or diabetes. RLS is the basic cause of sleep deprivation for many people.

Symptoms include:

- The urge to move the legs, which is often accompanied by uncomfortable sensations in the foot, calf or upper leg. These sensations may be described as creeping or crawling feeling or a tingling, cramping or burning sensation.
- The person will feel a need to move the legs to relieve the discomfort by stretching, bending or rubbing the legs, tossing or turning in bed, or getting up and pacing the floor
- A worsening of discomfort when lying down, especially when trying to fall asleep at night
- A tendency to experience the most discomfort late in the day and at night
- Continuous nighttime sleep disruption
- Daytime fatigue