Checklist for when consulting your doctor

Four key signs of restless legs syndrome

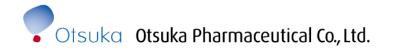
- □ Unpleasant sensations in the legs, which make you want to move them
- The symptoms occur or get stronger during periods of rest or inactivity such as when lying down or sitting
- □ Whenever you move your legs, the unpleasant sensation subsides
- □ The symptoms get worse as evening progresses into nighttime

Examples of RLS symptoms

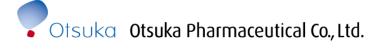
- □ Itchiness
- □ Feeling of electricity in legs
- □ Shaky legs
- □ Sluggish
- □ Prickly
- □ Urge to scratch
- □ Urge to move legs
- □ Hot flushes
- □ Feels like crawling insects
- □ Legs are twitching
- □ Feel irritated

Location of symptoms

- □ Entire leg(s)
- \Box Above the knee(s)
- \Box Below the knee(s)
- □ Toes



When the symptoms appear
 Before or during sleep While sitting for long periods: (e.g.) On a train or airplane, at the movies, at work, etc. Other (Specify:)
Actions that relieve symptoms
 Walking or taking steps (minutes) Massage leg with hands (minutes) Moving (What kind of movement:,minutes) Massage leg with a device (minutes) Rubbing leg (minutes) Applying a heat or cool pack to leg Acupressure (minutes) Other (specify:,minutes) Striking leg lightly (minutes) Persists no matter what I do
Change in symptoms after taking action
 Symptoms not noticeable immediately after Symptoms do not change much After a while, the symptoms return



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Time of day symptoms appear
Daytime
□ Evening
D Night
□ Before or after going to bed
While sleeping
 Waking in the night (Frequency:) No

