

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)
- Above the knee(s)
- 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

Time of day symptoms appear

- Daytime
- Evening
- Night
- Before or after going to bed

While sleeping

- Waking in the night (Frequency:)
- No