

Restless Legs Syndrome (RLS)

RLS is a "creepy, crawly" feeling in the legs when they are still, especially at bedtime. Stretching or moving the legs temporarily relieves these feelings. The constant need to stretch or move the legs to rid of the uncomfortable sensations often prevents the person from falling asleep, resulting in daytime sleepiness. Roughly 5 to 10% of people experience the pain of RLS at some point in their lives. RLS can occur at any age but is more common in the elderly. Approximately 30% of RLS cases have a hereditary case. Effective diagnosis and treatment is available.