



## Restless Legs Syndrome (RLS)



### Overview

This condition makes you feel like you need to move your legs when you are resting. It can keep you awake at night. And trips in a plane or a car can be uncomfortable.

### Causes

We don't know what causes restless legs syndrome. It may be linked to a problem in your brain. It may be passed down from your parents. In some women, it may be triggered by pregnancy.

### Symptoms

RLS makes your legs and feet feel strange. Some people feel it in their arms. It starts when you rest, like when you sit still for a long time, or when you lie in bed. You may feel crawling, throbbing, aching or itching sensations. You feel like you need to move your legs for relief. The problem may get worse as you age.

### Treatment

There is no cure for RLS. But there are things you can do to make it better. Cutting down on caffeine, alcohol and nicotine may help. A doctor may give you supplements to boost your iron, folate and magnesium. Hot baths, heating pads, ice or massages may help some people. Medications may help, too. If you have RLS, a healthcare provider can create a care plan that is right for you.