CLÍNICA VIVALDI · FREE SHEET · SLEEP-WAKE

Restless legs syndrome

Urgent need to move the legs, with uncomfortable sensations that appear at rest and at night and that are relieved by moving.

COMMON SIGNS

- Uncomfortable legs at night
- Relief when walking or moving
- Difficulty falling asleep

TIPS FOR YOU

1. Medical check-up (review iron and medication)
2. Stretching and moderate exercise
3. Avoid caffeine and alcohol in the afternoon and evening

FOR FAMILY AND FRIENDS

1. Walks and stretching together at the end of the day
2. Avoid caffeine and alcohol in the afternoon and evening

WHEN TO ASK FOR HELP

1. See a doctor to review iron and medication
2. If it stops you sleeping

TO OBSERVE AND NOTE DOWN

☐ I feel discomfort in my legs when I'm resting
☐ I have an urgent need to move them
☐ The discomfort gets worse in the evening or at night
☐ Moving relieves it
☐ I find it hard to fall asleep
☐ The discomfort wakes me up
☐ It happens to me several times a week
☐ I find it hard to sit for a long time

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/sindrome-de-piernas-inquietas
- Spanish Sleep Society: information for patients: https://ses.org.es/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112