

# RESTLESS LEGS SYNDROME

Resource for RLS sufferers

## Treating RLS

- Usually involves a combination of lifestyle modifications and medications.
- Undertake a full iron study to ensure iron is not low.
- Natural remedies maybe helpful, however iron is the typically the most effective.
- Medication treatments include:
  - Calcium channel blockers (such as Pregabalin and Gabapentin)
  - Dopaminergic drugs (such as those used to treat Parkinson's disease)
  - Low dose opioids (such as codeine)
  - Benzodiazepines (eg. Clonazepam, diazepam)

## Tips for living with RLS

- Avoid anything that can make you tired eg; alcohol.
- Talk to your family – tell them what you are going through.
- Try baths and massages.
- Apply warm or cool packs – hot and cold can alleviate symptoms.
- Establish good sleep hygiene. Fatigue tends to worsen symptoms of RLS.
- Moderate, regular exercise may relieve symptoms but overdoing it can make it worse!
- Avoid caffeine including chocolate and caffeinated beverages, such as coffee, tea and soft drinks.

## Seeking help for RLS

- Do NOT presume your GP has an understanding of RLS or that they have all the answers. Ask for a referral to a sleep specialist.
- Visit our [website](#) for more information. Our website content and RLS brochure is written by or approved by medical professionals.
- Seek out and join support groups, eg: Sleep Disorders Australia Facebook Group.
- Read journal articles by experts in the field.
- Question “magic cures” and seek out trialled, proven answers.
- Don't give up – there are solutions!

