



FEELING RESTLESS

Restless Legs Syndrome (RLS) is a strong urge to move your legs at nighttime to stop uncomfortable feelings. This can feel like your legs are crawling, itching or throbbing.

RLS can interfere with sleep. It is more common in people with ADHD.

Currently there is no known cure for RLS.

These are things you can do to help:

- Try sleeping with a pillow between your legs
- Develop a good sleep routine. You don't want to get over tired as this can make symptoms worse
- Some people find a bath helps. Experiment with water temperature.
- Use hot and cold contrast therapy before bed. Try a 5 minute warm shower and then 20 seconds of cold water. Follow this with 10 seconds of warm water. Once you have completed this, stand under warm water for a few minutes to adjust your nervous system.
- Daily stretching can help
- Magnesium sprays can be helpful. You can purchase these from health stores
- Stay hydrated. Make sure you drink plenty of water

For more tips visit www.rls-uk.org

For more information and advice, visit The Sleep Charity at thesleepcharity.org.uk or contact us on info@thesleepcharity.org.uk