the Sleep Charity

ADVICE SHEET

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**

Daily stretching can help

Develop a good sleep routine. You don't want to get over tired as this can make symptoms worse

Magnesium sprays can be helpful. You can purchase these from health stores

Some people find a bath helps. Experiment with water temperature

Stay hydrated. Make sure you drink plenty of water

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

the national sleep helpline **03303 530 541**

For more information visit
thesleepcharity.org.uk