

Are your legs keeping you up at night?

Read the following symptom descriptions and check off the boxes that apply to you.

4 key signs you should discuss with your doctor:

- Do you sometimes have the urge to move your legs, often associated with uncomfortable leg sensations?
- Do you get relief, at least temporarily, from the urge or leg sensations when you move?
- Do your leg symptoms begin or get worse when you are resting or inactive?
- Do your leg symptoms get worse in the evening or night?

Additional information to aid in understanding your symptoms?

- Do you have trouble falling or staying asleep?
- Does anyone in your family complain of any symptoms described above?
- Does your partner complain that you kick or jerk your legs while sleeping?

How would you describe your leg sensations? (Please check all that apply.)

- | | | |
|-----------------------------------|-----------------------------------|---------------------------------------|
| <input type="checkbox"/> Creeping | <input type="checkbox"/> Crawling | <input type="checkbox"/> Tingling |
| <input type="checkbox"/> Aching | <input type="checkbox"/> Burning | <input type="checkbox"/> Pulling |
| <input type="checkbox"/> Painful | <input type="checkbox"/> Itching | <input type="checkbox"/> Other: _____ |

How often do you experience these symptoms each month? _____

If you checked off more than 1 of the key signs, you may suffer from a common medical condition known as Restless Legs Syndrome (RLS). When evaluating your symptoms of RLS, your doctor will want to make sure they are not secondary to some other underlying condition. Be sure to return this questionnaire to your healthcare provider so that you can discuss your symptoms and determine whether you suffer from primary RLS.