

For your Restless Legs Syndrome (RLS):

- Avoid alcohol, particularly red wine. Sometimes the effect of red wine can be cumulative (only causing problems after a few nights of usage) and can take time to dissipate.
- Avoid over-the-counter sleep aids that contain diphenhydramine or other antihistamines.
- Certain prescription medications can worsen RLS (particularly some antidepressants, anti-nausea medications, allergy medications) so make sure to provide a full medication list to your medical providers.
- Have your ferritin level and iron studies checked (ferritin is a marker of your body's iron stores). If ferritin is <50-75 consider oral iron supplementation (ferrous sulfate 325mg or equivalent once daily with 200mg vitamin C or orange juice). Oral iron may also be helpful even with normal ferritin levels.
- When your symptoms are bad, try taking a warm bath, massage (you can buy a vibrating pad or back massage pad to use on your legs), stretching, taking a walk. There is also some evidence that orgasm can relieve symptoms of RLS.
- Keep your mind engaged with enjoyable activities like discussions, reading, games, etc. when you have to stay seated.
- Moderate, regular exercise is beneficial for RLS. Too much or too little exercise can exacerbate symptoms.
- Other sleep disorders (such as obstructive sleep apnea and insomnia) and anxiety disorders can exacerbate RLS. Obtain appropriate treatment of these disorders if present.
- Visit <http://www.rls.org/> for more information or to learn about ongoing research.