R

Restless Leg Syndrome

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Synonyms

[Restless limb syndrome](#)

Definition

Restless leg syndrome (RLS) is a discomfort in the body (most commonly the legs) that increases when the limb is stationary, is temporarily relieved with movement, and is most commonly seen in the evening.

Current Knowledge

RLS can be associated with iron deficiency, peripheral neuropathy, spinal cord injury, and neurodegenerative diseases, especially Parkinson's disease. There are also some hereditary forms of the syndrome. The symptoms tend to increase over time and may begin to manifest earlier in the day. Correction of any underlying cause may help to reduce or eliminate symptoms.

Cross-References

► [Parkinson's Disease](#)

References and Readings

Rye, D. B., & Bliwise, D. L. (2004). Movement disorders specific to sleep and nocturnal manifestations of waking movement disorders. In R. L. Watts & W. C. Koller (Eds.), *Movement disorders* (2nd ed., pp. 855–859). New York: McGraw-Hill.