



## Restless Legs Syndrome: Coping with Your Sleepless Nights (Paperback)

By Mark Buchfuhrer, Wayne A. Hening, Dr. Clete Kushida

Demos Medical Publishing, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book. The Restless Legs Syndrome Foundation estimates that up to 8 percent of the population suffers with Restless Legs Syndrome (RLS). The hallmark of this neurologic disorder is an irresistible urge to move, most commonly at night. It causes uncomfortable sensations often described as creeping, crawling, tugging, burning or aching feelings in the calves, feet, thighs and arms. These disruptive symptoms vary in severity and can result in difficulty staying or falling asleep, fatigue and impaired daytime function resulting from loss of sleep. Written by respected leaders in this field and sponsored by the American Academy of Neurology, Restless Legs Syndrome explains what we know about RLS, including its causes and manifestations and what can be done to manage it. Topics covered include: Causes, symptoms, and diagnosis RLS in children Personal relationships and RLS Resources Lifestyle changes, dealing with daily activities, RLS triggers, and much more. This indispensable guide will help millions of people to understand this condition so that they can take control of their lives and make informed decisions. It also will be a useful resource for families, caregivers, and health care providers.



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