



DEPRESSION

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Restless legs syndrome

Restless legs syndrome (RLS) is a neurological disorder characterized by an irresistible urge to move the legs, usually at night or during periods of inactivity. The symptoms are often described as a tingling, crawling, or burning sensation in the legs.

- Restless legs syndrome
- Symptoms include

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- Unpleasant sensations in the legs
- Symptoms are worse at night
- Symptoms are relieved by movement
- Symptoms are not caused by any physical condition

What to do now

If you experience symptoms of restless legs syndrome, it is important to consult your healthcare provider. They can help you determine the cause of your symptoms and recommend appropriate treatment options, which may include lifestyle changes, medication, or physical therapy.

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