



- Lynne, age 44

Living with RLS

Lynne has lived with restless legs syndrome, or RLS, for as long as she can remember. Though she first experienced symptoms as a child, Lynne wasn't diagnosed with RLS until recently. Now that she is working with a doctor, she is better able to manage her symptoms.

Approximately 10 percent of American adults suffer from RLS, which causes uncomfortable and sometimes painful sensations in the legs that can only be relieved with movement.

Each person's experience with RLS is unique. The key to living with RLS is seeking help and learning how to manage the symptoms. Talking to your doctor can help.



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For me, it feels like bugs crawling underneath my skin or ice burning in my veins. What I feel may be different than what other people experience, but the problem is the same – restless legs syndrome or RLS. I'm glad to know I'm not alone.

- Joseph, age 36

Living with RLS

Joseph has restless legs syndrome, or RLS. Because of his RLS, he averaged 2 to 3 hours of sleep a night over a three year period. The lack of sleep had a major impact on his life.

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