

What Is Restless Leg Syndrome?

Restless leg syndrome is a neurological disease. [Restless Leg Syndrome Causes](#) repulsive responses in the legs, along with a strong urge to move them. For most people, that urge is extra intense when you are relaxed or striving to sleep. The most severe concern for people with RLS is that it hinders sleep, creating daytime tiredness and weakness. RLS and sleep loss can put you in danger for other health difficulties, including worry if not handled. It can happen at any age, though it is normally more critical in middle age or later. Women are twice as possible as men to have RLS. It can occur as frequently as every 15 to 40 seconds and can last all night long. RLS is a lifetime ailment with no cure, but medicine can assist manage symptoms. Looking for treatment? Simply search **Restless Leg Syndrome Treatment Near Me**.



What are the symptoms?

The most obvious sign of RLS is the strong urge to move your legs, notably when you are resting still or sleeping in bed. You might additionally undergo unusual sentiments like tingling, crawling, or stretching sensation in your legs. Movement may reduce these sensations. If you have [Primary Restless Leg Syndrome](#) or moderate RLS, signs may not happen every night. And you might associate these actions to uneasiness, nervousness, or anxiety. A more critical case **Secondary Restless Leg Syndrome** of RLS is challenging to overlook. It can hinder the most simplistic actions, like going to the movies. A long flight journey can also be challenging. People with RLS are likely to have difficulty falling asleep or staying asleep because indications are worse at night. There can be **swollen legs** or **legs feel heavy** because of RLS. Daytime sleepiness, fatigue, and sleep loss can harm your physical and emotional well-being. In moderate cases, signs may come and go. RLS can also influence other parts of the body, including your limbs and head. For most people with RLS, signs worsen with age. People with RLS usually use the action as a way to reduce signs. That might recommend pacing the ground or tossing and twisting in bed.

Doubtful about you have RLS or not, get it diagnosed near you, **Restless Leg Syndrome Diagnosis Near Me** so that you can take medications and make your condition better.



What causes restless leg syndrome?

More frequently than not, the cause of RLS is a secret. There may be a genetic inclination and an environmental trigger. More than 40 percent of people with RLS have some family records of the disease. [Restless Leg Syndrome Causes](#) can be:

1. Chronic illnesses. Some long-term medical ailments include RLS signs, including iron insufficiency, Parkinson's illness, kidney breakdown or renal disorder, diabetes, and peripheral neuropathy.
2. Medicines. Some drugs might cause symptoms more serious, including anti-nausea meds, antipsychotics, some antidepressants, and cold and allergy medicines that have antihistamines.
3. Pregnancy. Some ladies have RLS through pregnancy, particularly in the last trimester. Signs normally go off within a month after childbirth.
4. Lifestyle. A shortage of sleep or extra sleep disorder like apnea can trigger signs or make them more critical. So can liquor, smoke, and caffeine usage.

Get your RLS treatment done in Houston, find out more at **Restless Leg Syndrome Treatment Houston**.

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