

#### 4 Diagnostic Questions for RLS

- Do you sometimes have an urge to move your legs, often associated with uncomfortable leg sensations?
- Do you get relief, at least temporarily, from the urge or leg sensations when you move?
- Do your leg symptoms begin or get worse when you are resting or inactive?
- Do your leg symptoms get worse in the evening or at night?

If you answered yes to all 4 questions, then most likely you have RLS.

If you answered yes to 2-3 questions, then you should discuss with your physician.

If you answered yes to 0-1, then it is unlikely that you have RLS.