Restless Legs Syndrome and Periodic Limb Movements during Sleep

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Abstract

The restless legs syndrome (RLS) is a neurologic condition characterized by an urge to move, usually associated with paresthesia, that occurs or worsens at rest and is relieved by activity. One of the central characteristics of RLS is the worsening of symptoms in the evening and during the night. Several studies have shown that the severity of leg discomfort follow a circadian rhythm, with the maximum occurring after midnight.

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The restless legs syndrome (RLS) is a neurologic condition characterized by an urge to move, usually associated with paresthesia, that occurs or worsens at rest and is relieved by activity. One of the central characteristics of RLS is the worsening of symptoms in the evening and during the night. Several studies have shown that the severity of leg discomfort follow a circadian rhythm, with the maximum occurring after midnight. Language. English (US). Title of host publication. Montplaisir, J, Allen, R, Arthur, W & Ferini-Strambi, L 2010, Restless Legs Syndrome and Periodic Limb Movements during Sleep. in Principles and Practice of Sleep Medicine: Fifth Edition. Elsevier Inc., pp. 1026-1037. https://doi.org/10.1016/B978-1-4160-6645-3.00090-6. Periodic limb movements during sleep (PLMS) are a sleep-related phenomenon, with periodic episodes of repetitive stereotypical movements of the extremities.1 Based on a study in North America, 80% to 90% of patients with restless legs syndrome (RLS) have PLMS; hence, PLMS is closely associated with RLS.3 The therapeutic effects of dopamine agonists on RLS and PLMS support the hypothesis. In a small study involving Korean adult patients with RLS, we found that only 41.8% of subjects had a PLMS index greater than 15.9 this prevalence is lower than that previously reported. BRIEF SUMMARY. Current Knowledge/Study Rationale: Although it is BACKGROUND: Restless legs syndrome (RLS) and periodic limb movements during sleep (PLMS) have been known for over 300 years, and they may be present in as many as 25% of patients who have sleep disorders. These patients generally present with insomnia. These disorders often remain undiagnosed for an average of 16 years and patients have seen an average of 13 physicians for their symptoms. Therefore, these disorders merit the attention and interest of the practitioner, so that such patients can be evaluated and treated without delay.