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Restless Legs Syndrome

National Institute of Neurological Disorders and Stroke (NINDS)

Source

National Institute of Neurological Disorders and Stroke (NINDS). [Restless Legs Syndrome Information Page](#).

Restless legs syndrome (RLS) is characterized by unpleasant sensations in the legs and an irresistible urge to move them. Individuals affected with the disorder often describe the sensations as throbbing, pulling, or creeping. The sensations range in severity from uncomfortable to irritating to painful. Symptoms commonly occur in late afternoon or evening and are most severe at night, when the person is resting. Moving the legs or walking typically relieves the discomfort but the symptoms often recur. RLS is both a sleep and a neurological sensory disorder.