**AVATAR NAME: " Restless Leg Syndrome Sufferer"**

**Avatar Explanation:**

* Person who suffers from restless leg syndrome and has bad sleep as a result

**Age: 40+**

**Gender: Male + Female**

**Pain Points:**

* “I am absolutely exhausted during the day“

**Insight: Sleep impacting their daily preformance**

* “I am a young man and i’ve been suffering from restless legs from atleast when i was 13 years old till now, but it has gotten way worse during those years, now it’s literally to the point that i can’t sleep bc my restless legs until my body literally shuts down by itself bc of the tiredness“

**Insight: making it too tired to do anything**

* “I kick my gf all the time, I’m constantly trying to “ tuck” my legs because the only thing that helps is having weight on my legs. “

**Insight: causing an issue on relationship. Weight seems to be helping**

* “When i was pregnant i had really bad RLS for a few months that used to keep me up all night.”

**Insight: seems to be common in pregnancy**

* “Now I'm like you who manages to get 2-3 hours of sleep a night. I can't continue like this for much longer. “

**Insight: only a few hours sleep a night**

* “Mine starts gradually when I lie down and gets worse from there“

**Insight: getting worse when lying down and at night**

* “Roll forward 30 years. RLS became much worse in my 40s. Going to work was very hard.”

**Insight: getting worse with age**

* Insight: Thinks no one understands
* “I have it and I just get the urge to de-attach my legs“

**Insight: pain intolerable**

* “I also have restless leg syndrome and I can't sleep sometimes until morning, sometimes is gotten to the point where my legs move on their own wrapping each other. “

**Insight: ca’t fall asleep**

* “My late husband suffered with that syndrome. Actually it is the partner who suffers! Lol.”

**Insight: causes strain on relationship**

* “I’m reading these answers for my friend who has RLS bad. She is constantly exhausted from lack of sleep. Thanks to everyone for the helpful answers. I pray you get relief from this tormenting condition.”

**Insight: understanding how it is for her friend.**

* “My husband has awful restless legs. He shakes and twitches all night. I also have a hard time sleeping on a regular basis so I also tried them, and it helped me sleep a couple hours longer than I normally would have with just melatonin alone”

**Insight: impacting spouses sleep quality**

**Day-to-Day Struggles:**

* “I also move my legs around a lot in my sleep, to the point where my boyfriend of 5 years will not sleep with me because I kick him

**Insight: impacting spouses sleep quality – kicking too much during the night**

* “I fall asleep all the time watching television, reading a book, sitting on the couch… you name it.“

**Insight: struggle to find energy for other tasks**

* “Separate beds... Separate rooms even. I have RSL too and am a light sleeper & my husband snores. “

**Insight: spouse issues**

* “Separate beds. Neither of us would ever sleep if we shared a bed. “

**Insight: spouse issues**

* “I can only share a bed with my spouse if I'm not in a flare up, or I take a sedative“

**Insight: spouse issues**

* “I couldn't manage to [sit at my desk for 7 hours a day](https://restlesslegssyndrome.sleep-disorders.net/living/workplace-coping). I was always finding a reason to get up and walkabout, leading the management to think I was wasting time“

**Insight: people think that she is slacking off work**

* “interfere with sleep and even daytime functioning and quality of life,

**Insight: causing a big drop in quality of life. Everything orientated around the quality of sleep.**

**Victories:**

* “If you can afford to save up for a $200-$250 vibrate clave/foot massager has been my life savior. It’s squeezes, shakes, and has heat! I can put it in a billion position too! “ - <https://www.amazon.com/dp/B09JX3PQ5J?ref=cm_sw_r_cso_cp_apin_dp_ZCW14ACJ9Q6TZK09HMWK&ref_=cm_sw_r_cso_cp_apin_dp_ZCW14ACJ9Q6TZK09HMWK&social_share=cm_sw_r_cso_cp_apin_dp_ZCW14ACJ9Q6TZK09HMWK&starsLeft=1&th=1>

**Insight: some expensive devices can work.**

* “I talk apignine for sleep. No issues for 4 years now. It's a supplement. “

**Insight: apignine is working.**

* “Tart cherry juice works as a natural source of melatonin without the side effects of melatonin. Magnesium. “
* “I take taurine, glycine and magnesium. Not a silver bullet, but in addition to working with my iron levels, I think my RLS is better. Ymmv. “
* “As soon as you feel it coming, massage with 3-6 sprays of magnesium oil. “
* Insight: Useful supplements: Potassium -Magnesium -Iron -Vitamin D
* “Spray 5-6 sprays of magnesium oil onto your belly/chest and rub it in a bit every night. Absorbs better. Massage the feet or legs, try a foot bath with epsom salts in it. Good luck. “  
  **Insight: Magnesium is working for some people**
* “Heating pads but take the covers off and wrap around legs with the highest heat you can tolerate. Swear by this been doing it since I was 14 but also have slowly figured out my triggers and eliminated them. “

**Insight: Heat therapy is working for some people**

* “My legs get so restless and I get such bad pins and needle pain, electrical pain in my legs.  Sometimes I ask my husband to sit on my legs for a few mins to get Compression and it helps.  They sell Compression products on Amazon.  The socks never help but the squeezing massage Compression wear helps.“

**Insight: compression socks is working for some people**

* “Citrulline Malate as that is actually a pretty solid dose. It is very powerful for circulation (can produce poor man’s viagra effects) People with RLS are known to have poor circulation and thus this could be the factor. “

**Insight: thinks poor compression might be the reason**

* “My full body RLS has been held at bay for years by a combo of L-Tyrosine, a few other brain-related supplements, and Dopa Mucuna. “

**Insight: L-Tyrosine working**

* Rested Legs: Valerian Root, Chamomile, Magnesium Aspartate, Ferrous Sulfate, Vitamin B9 (Folic Acid), Potassium Chloride
* “I have had some relief of symptoms from Chinese herbs formulated by my acupuncturist“

**Insight: TCM could have some benefits – studies shown**

* <https://www.amazon.com/Neuropathy-Benfotiamine-Strength-Vitamins-Capsules/dp/B0F1YJJ9W6/ref=sr_1_3?dib=eyJ2IjoiMSJ9.oe3gsNExl1cfVxVViBJDEGAxNVAMF01BFdzhvShymelAaMzQUz_Up_tFzHvZ5pgx8qjrv-CEWWlmnMXzWo09_8V10sCGEr_zNbfY3T9685aec_PiWUpxOTH7RMmzXkCaMBxIn-83iWpsjbTRT3Tjp6vyo2UQdynWEn3Aht9dQc74PTc-tQNUPefzBeWkIlaZ.kPDGaODEXeJEfGAm_btmKVnnUp-NmqqqZlwzCM5mYKQ&dib_tag=se&keywords=Topffy+Neuropathy&qid=1747717612&sr=8-3>
* “I was prescribed Sorbolene Lotion for my lower legs for dry skin - had very bad dry skin that was basically permanent. Anyway, I found that my restless legs disappeared after applying the cream. Its essentially just a moisturiser - says it has glycerine and vitamen 3 in it. I was applying it to my lower legs and feet every morning. I don't rub it it, just smear it on. The white cream disappears in a few minutes and I probably rub some into the floor as I walk. I stopped applying it every morning for a period and my restless legs came back! So I will restart it. Hope its a solution for someone else. Its a god-send for me. “
* Only relief is her pills, she takes pramapexol sometimes twice a day, but definitely a few hours before bed. Tonight she forgot the nite time one and was bouncing around the house.
* “We decided to try a tens machine we got long ago for back pain, it really helped until the pills could kick in“

**Insight: TENS machine working**

* [Successful treatment of restless leg syndrome with the traditional herbal medicines Dangguijakyak-san and Shihogyeji-tang - A case report](http://bb.rls.org/viewtopic.php?p=106230#p106230)

**Failures:**

* Both melatonin and Remeron can "cause" RLS
* “I only used the sleep meds for a week or two, never stuck with them because they didn’t really work. They got me to fall asleep fine but I never stayed asleep. “
* “Symptoms are often very difficult for patients to articulate, as there are usually no words to adequately describe the uncomfortable leg sensations that often result in the diagnosis being missed or delayed for many years. “
* Misdiagnosed as sleep apnea
* Most cases of RLS supercede any sleep aid, anything with diphenhydramine in it (the ingredient in Benedryl) will make it worse
* My doctor put me on Requip for it years ago. Unfortunately, that caused me to vomit in my sleep and I almost choked to death one night

**Goals:**

**Beliefs:**

* Believe in Neurologist
* Sleep Medicine practice

**Desires:**

* Be able to sleep thorugh the night without pain
* Be able to sleep in same bed as partner
* Not feel tired during the day

**Objections:**

* A lot of mixed reviews about what is actually working
* Most RLS is linked to B1 and/or B6 deficiencies, so this product should only be purchased by some RLS sufferers and not all.
* Some have tried supplements but not worked – Iron and Magnesium
* Level of Awareness:
* Problem aware. Some are solution aware, but not found anything that helps a lot

**Other quotes**

* “It’s described as a crawling sensation in the muscles and a restlessness. It’s not a cramp. It’s not a pain. It’s a sensation that you need to stretch or move or get up and walk around,”
* “usually happens before you sleep, usually later in the day or in the evening,
* No test for diagnosis - It is under- or misdiagnosed
* It feels like when I have anxiety, but it's in my legs
* Ferritin levels – a type of iron