**Category: Day-to-Day Struggles**

**Insight #1: RLS disrupts relationships and forces physical separation at night**

**Raw Quotes:**

* “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.”
* “Separate beds... Separate rooms even. I have RLS too and am a light sleeper & my husband snores.”
* “Separate beds. Neither of us would ever sleep if we shared a bed.”
* “I can only share a bed with my spouse if I'm not in a flare up, or I take a sedative.”
* “My husband’s doctor prescribed it for him and it has been a miracle for us. I say us because his horrible condition kept us both from sleeping.”
* “Lying next to you is like trying to sleep through an earthquake!”

**Insight #2: RLS sufferers go through exhausting nightly rituals to find relief**

**Raw Quotes:**

* “My restless leg has always been an issue. After I turned 60 it is really hard to fall asleep with it. I take hot baths, exercise, walk around, all in the middle of the night.”
* “Every night, I feel an uncontrollable urge to move my legs. I get up and walk – a trusty but temporary solution. It stops. I lie back down. It starts again… The movements persist… for hours. By bedtime I’m exasperated, in tears. I just want to sleep.”
* “Be careful… I know someone who… became addicted to [a benzo] and it ruined the last 5 years of his life. He never allowed himself to believe he was addicted because he thought the alternative was a return to walking the house all night… he never had a good night’s sleep and was tired and sleepy all day.”

**Insight #3: Severe exhaustion bleeds into every part of daily life**

**Raw Quotes:**

* “I fall asleep all the time watching television, reading a book, sitting on the couch... you name it.”
* “interfere with sleep and even daytime functioning and quality of life,”
* “I couldn't manage to . I was always finding a reason to get up and walkabout, leading the management to think I was wasting time.”
* “Two months ago, his RLS became so severe, he was surviving on 1–2 hours sleep per night… His mental health began suffering… We have been married for 50 years and here was a man I didn’t recognize anymore!”

**Insight #4: RLS sufferers are emotionally overwhelmed by nightly dread**

**Raw Quotes:**

* “I was at my wits end trying to get relief at bedtime.”
* “Finally, exhausted from chronic lack of sleep and desperate for help, I went to a new primary care doctor.”
* “Every night, I feel an uncontrollable urge to move my legs… By bedtime I’m exasperated, in tears. I just want to sleep.”

**Insight #5: Even successful relief still revolves around nightly survival**

**Raw Quotes:**

* “Yes I’m addicted to them but I get a good night’s sleep, feel fine next day and manage to walk 6 miles and live a normal life… It was ruining my life until my GP prescribed clonazepam.”
* “My husband’s doctor prescribed [Mirapex] for him and it has been a miracle for us… his horrible condition kept us both from sleeping.”
* “I’m 64 by the way and my RLS started 25 years ago. As it got gradually worse it was ruining my life until my GP prescribed clonazepam.”