Side Research

Stuff to do:

1. Look into Ferritin Levels
2. Chinese Medicine - [**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)

<https://pmc.ncbi.nlm.nih.gov/articles/PMC8341247/>

Ad Idea

Hooks – It is half past twelve. This is the third night of not being able to sleep. My restless legs are unbearable - <https://www.tiktok.com/@drjoe_md/video/7493275671570009375?q=rls&t=1747724255120>

<https://www.tiktok.com/@korentts/video/7446118317485591838?q=rls&t=1747724255120>

* Good hold about what they use.

There’s a lot of restless legs in my house. And they keep me up at night

Can you sleep when someone in involuntarily kicking you in the middle of the night?

They’ve tried magnesium supplements, but none of them are getting to the source of the issue.

Your leg won’t stay still at night?

Like you need to go bathroom, but you need to move your legs. It is a sleep disorder

It’s 3 o’clock in the morning and I’m so tired

Upsell potential:

Ingredients people find good:

1. Magnesium glycinate
2. ropinirole
3. normatec boots
4. weighted blanket
5. leg compress - <https://www.tiktok.com/@onecompress/video/7089757985844776238?q=rls&t=1747724255120>