

Restless legs syndrome

Butterworth-Heinemann - Restless Leg Syndrome: Causes, Home Remedies, and More



Description: -

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Restless Legs Syndrome

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Treatment

It also helped improve their mood and reduce their stress levels, which could in turn improve their sleep. If you need medication, your healthcare provider will guide you through careful trials to find a drug and dosage that works best for you.

Restless legs syndrome: MedlinePlus Medical Encyclopedia

See also: Drugs Used to Treat Restless Legs Syndrome The following list of medications are in some way related to, or used in the treatment of this condition. It can even spread to other parts of your body, such as your arms.

5 Signs You May Have Restless Legs Syndrome

Behavioral treatments, such as mild exercise and a healthy sleeping pattern, are often recommended as a first-line treatment for women during pregnancy. If you feel like these symptoms or others make it hard to fall or stay asleep, you're not alone—it's often one of the chief complaints among people with restless legs syndrome. These might include walking, stretching, taking hot or cold baths, massage, acupuncture or relaxation techniques.

Restless Legs Syndrome Treatment

But it can strike people without those problems too. Most patients find moderate exercise helpful, but too much can make symptoms worse.

Restless Legs Syndrome (RLS)

All products and services featured are selected by our editors. Benzodiazepines are drugs used to treat anxiety and sleep problems.

Restless Legs Syndrome Fact Sheet

Should they occur, these behaviors can be improved or reversed by stopping the medication. Home remedies, while unlikely to completely eliminate symptoms, may help reduce them.

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