Abstract

Restless Legs Syndrome (RLS), also known as Willis-Ecbum, is a Nervous system disorders. The disease, with an unpleasant sensation in the legs, burning and itchy, usually occurs at night. The need for movement and the unpleasant feeling of the legs improve with movement. In 20% of patients, symptoms can also include the arm and other parts of the body, which often occurs in the more severe type of the disease. Diagnosis is based on clinical symptoms.

RLS is often characterized by involuntary movements and muscular jerks in the lower extremities, as leg movements or (PLM). PLM is a repetitive movement that involves bending areas of the thighs, knees and toes. The PLM may occur in either a wakeup (PLMW) or when sleep (PLMS). The pathological incidence of PLMS during sleep was found to be about 80% in patients with RLS. The prevalence of RLS in the general population is about 3-15%, and about 2-3% of the general population suffer from visible clinical symptoms (which occurs twice a week with moderate to severe severity). It has been observed that as the age increases, the outbreak is more common in women than in men.