



# The Link Between Restless Legs Syndrome and Lupus

by NEWLIFEOUTLOOK TEAM

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## Do You Experience RLS With Lupus?

Restless legs syndrome (RLS) and autoimmune diseases, such as lupus, often occur together — however, the reason for this is not entirely clear.

RLS is a mysterious neurological condition that causes sensations like throbbing, creeping, and tingling, among others. These feelings occur most often while staying still, mostly while in bed at night.

The sensations lead to a strong impulse to move your legs to relieve them. And because this all typically happens at night, many people with lupus experience fatigue as a result.

So, on top of being unpleasant, RLS can actually make symptoms worse and exacerbate a lupus flare when it causes you to lose sleep. That's why if you're experiencing RLS you should see your doctor as soon as possible so you can receive treatment.

As of right now there is no cure for RLS, but with proper care it's possible to relieve the sensations and keep the condition at bay.

# WHAT IS Restless Legs SYNDROME?

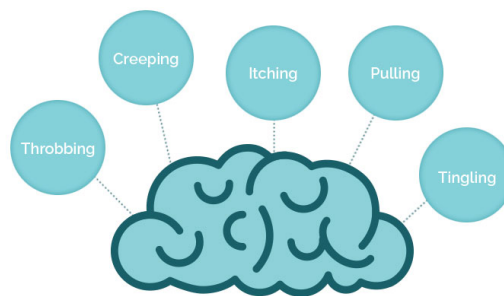
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## SENSATIONS

RLS is a neurological condition that causes uncomfortable, sometimes painful sensations in the legs, triggering uncontrollable urges to move. It is most noticeable at night, and often impedes sleep.

These sensations can be described as:



Lack of sleep can lead to flare-ups, so it's crucial to get your RLS checked out.

## STAY AWAY FROM

TOBACCO

ALCOHOL

CAFFEINE

These substances may worsen RLS symptoms.!

## HOW IS RLS TREATED?

Massage, exercise, heat/ice packs, and hot baths may also help reduce discomfort, but will not likely eliminate RLS.

If natural remedies aren't helping RLS, your doctor may prescribe you medication so your sleep doesn't suffer. "

- ★ Dopamine
- ★ Sedatives
- ★ Opioids
- ★ Anticonvulsants

The exact connection between autoimmune diseases and RLS is not yet known, but it could be due to how nerve signals are transmitted.



## You Are Not Alone

Until a proper cure is found, know you are not alone in dealing with your condition and RLS! Relief and support is out there.

Resources:  
1. [http://www.ninds.nih.gov/disorders/restless\\_legs/detail\\_restless\\_legs.htm](http://www.ninds.nih.gov/disorders/restless_legs/detail_restless_legs.htm)



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