

Restless Legs: Signs and Steps Answer Sheet

The 5 signs it is RLS, the 3 steps that calm it, and the tests to ask your doctor for.

✓ **Verified against published guidance** from Cleveland Clinic, Mayo Clinic & Johns Hopkins Medicine · sources below

Talk to a doctor before starting iron or any supplement, and never stop a prescribed medicine on your own.



Do This

Run the 5-Sign Check

- Deep urge to move your legs
- Starts at rest, eases when you move
- Worse in the evening and at night

COACH'S TIP Inside the leg, not on the skin.

Ask for a Ferritin and Iron Panel

- Iron deficiency is a treatable cause
- Ask for the actual numbers
- Hopkins treats the cause first

COACH'S TIP Test before you supplement.

Cut Caffeine, Alcohol and Tobacco

- Hopkins lists all three
- Give it a full two weeks
- No prescription needed

COACH'S TIP The nightcap is not helping.

Move When It Starts

- Stretching or pacing eases it
- Walking works too
- Relief is real but short

COACH'S TIP Movement is the built-in reset.

Keep Steady Sleep Habits

- Same bedtime and wake time
- Regular moderate exercise
- Both are on the Hopkins list

COACH'S TIP Unglamorous, and it works.

Bring Your Medicine List

- Some medicines are linked with RLS
- Mention diabetes and kidney issues
- Mention any nerve symptoms

COACH'S TIP The list matters as much as the symptoms.



Do Not

Do Not Start Iron on Your Own

- Iron therapy only if iron is low
- Extra iron is not harmless
- The blood test comes first

COACH'S TIP This is the one risky shortcut.

Do Not Call It a Nervous Habit

- RLS is a movement disorder
- It has a defined symptom pattern
- Cleveland classifies it that way

COACH'S TIP Not restlessness. A condition.

Do Not Ignore a Late Start

- Onset after 45 progresses faster
- More often tied to another condition
- Worth a real workup

COACH'S TIP Late onset earns a closer look.

Do Not Use Alcohol to Settle

- Alcohol may worsen symptoms
- So do caffeine and tobacco
- All three are on the drop list

COACH'S TIP A nightcap trades one night for the next.

Do Not Blame the Mattress

- Rest itself is the trigger
- Cars, planes and theaters do it too
- Timing is evening and night

COACH'S TIP It follows stillness, not the bed.

Do Not Write Off the Daytime Cost

- Sleep onset takes the hit
- Twitching breaks the night again
- Severe daytime fatigue follows

COACH'S TIP The legs are not the real damage.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

Over 50 the age group where RLS becomes more common

After 45 when late-onset RLS tends to progress faster

Before 40 when RLS is more likely to run in the family