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Diagnosis of Restless Leg Syndrome (Willis-Ekbom Disease).

Becker PM¹.

Author information

Abstract

Restless leg syndrome, or Willis-Ekbom disease, is a neurosensorimotor disorder with significant impact that is diagnosed through 5 clinical criteria. Adherence to 5 criteria and a thorough physical examination are often sufficient for diagnosis. Associated features prove helpful in young children or the cognitively impaired. Polysomnography is not routinely required unless the patient has other sleep-related symptoms. The finding of periodic leg movements in sleep only suggests, instead of confirms, the diagnosis. It is important to arrive at appropriate diagnosis because the prevalence is in the millions and treatment significantly improves sleep quality and daytime function.

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KEYWORDS: Diagnostic criteria; Ferritin in RLS; Mimics; Restless leg syndrome (RLS); Willis-Ekbom disease (WED)

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