

Childhood Sleep Disorders



Restless Legs Syndrome



Signs parents might notice

- Uncontrollable urge to move their legs when their legs are inactive.
- Relief by moving legs.
- May be dismissed as growing pains.
- Sleep disruption leading to daytime sleepiness.

What is it caused by?

- Low iron levels.
- Diabetes.
- Kidney diseases.
- Some neurological conditions.
- Side effect to some medications like those used to treat depression, allergies and psychiatric disorders.
- Genetic basis - can run in some families.
- In many cases the cause is not known.



How is it diagnosed?

- Based on symptoms (irresistible urge to move their legs which usually starts or gets worse when the legs are inactive or when lying down).
- Complete medical history and physical examination to rule out other problems.
- Blood tests to rule out low iron levels.
- Overnight sleep study.



How is it treated?

- Setting appropriate bedtimes.
- Dietary review.
- Micronutrient supplements.
- Medication.
- Eliminating unnecessary medication can help prevent it - consult your doctor before doing this.

