

Sleep Medicine Topics Episode 1: Supplemental Resources

Restless Legs Syndrome:

1. Do you have an urge to move your legs, usually accompanied by uncomfortable leg sensations?
2. Do your sensations begin or worsen during rest or inactivity, such as lying down or sitting?
3. Are your sensations partially or totally relieved by movement, such as walking or stretching?
4. Are your sensations worse in the evening or at night, or do they only occur in the evening and at night?

If you answered “yes” to one or more of these questions, you may benefit from consulting your health care provider for further screening for a condition called restless leg syndrome (RLS), a neurologic sensorimotor disorder that is characterized by an overwhelming urge to move the legs when they are at rest. RLS can affect sleep quality and contribute to daytime drowsiness. Want to read more about it? Follow these links:

<https://www.sleepfoundation.org/sleep-disorders/restless-legs-syndrome-rls>

<https://www.rls.org/>

Obstructive Sleep Apnea:

Take a look at the symptoms below from the National Heart, Lung and Blood Institute:

- Loud and chronic (ongoing) snoring
- Pauses/gasps in breathing while asleep
- Morning headaches
- Daytime drowsiness
- Memory or learning problems and not being able to concentrate
- Feeling irritable, depressed, or having mood swings or personality changes
- Waking up frequently to urinate
- Dry mouth or sore throat when you wake up

Are you experiencing several of these symptoms? You may benefit from consulting your health care provider for further screening for a condition called obstructive sleep apnea, a common disorder in which you have one or more pauses in breathing or shallow breaths while you sleep. Want to read more about it? Follow these links:

<https://www.nhlbi.nih.gov/health-topics/sleep-apnea>

<https://www.sleepapnea.org/>

Were you prescribed continuous positive airway pressure (CPAP) and you are **having trouble wearing it?** Considered consulting a psychologist board certified in behavioral sleep medicine (BSM)

<https://www.behavioralsleep.org/index.php/united-states-sbsm-members> or ask your medical provider about other behavioral therapy options in your community.

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