NON-PHARMACOLOGIC MANAGEMENT OF RESTLESS LEGS SYNDROME*

1. Avoid provocative substances such as
   a. Coffee
   b. Alcohol
   c. Tobacco
   d. Certain Medications (consider RLS friendly alternatives)
      1) Antihistamines
      2) Some antidepressants
      3) Dopamine blockers
      4) Neuroleptics

2. Practice Good Sleep Hygiene
   a. Avoid sleep deprivation
   b. Regular hours of sleep
   c. Optimize bedroom for sleep
   d. Prepare for sleep with relaxing/symptom reducing activities

3. Exercise and physical conditioning

4. Counter stimulation

5. Alternative treatments
   a. Light stretching before bed
   b. Massage
   c. Heat or cold
   d. Warm bath

6. Iron replacement therapy (if indicated)

(* Adapted from the Clinical Management of Restless Legs Syndrome; Hening, Buchfuhrer, Lee)