

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)