**Psychological Disorder:** Restless Legs Syndrome

**Sub-Category:** Parasomnias

**DSM-5 Category:** Sleep-Wake Disorders

**DSM-5 Criteria (symptoms):**

*List criteria here in bulleted form, consolidate as necessary (summarize if too lengthy)*

- An urge to move the legs that is usually accompanied by or occurs in response to uncomfortable and unpleasant sensations in the legs, characterized by all of the following: (1) the urge to move the legs begins or worsens during periods of rest or inactivity; (2) the urge is partially or totally relieved by movement; and (3) the urge to move legs is worse in the evening or at night than during the day or occurs only in the evening or at night

- Symptoms occur at least 3 times per week and have persisted for at least 3 months

- Symptoms cause significant distress or impairment in social, occupational, educational, academic, behavioral or other areas of functioning

- The symptoms cannot be attributed to another mental disorder or medical condition (e.g., leg edema, arthritis, leg cramps) or behavioral condition (e.g. positional discomfort, habitual foot tapping)

- The disturbance cannot be explained by the effects of a drug of abuse or medication

**Prevalence:**

- 5.5% of population

- More common in women than men

- Increases significantly with age

**Other interesting findings:**

- Mr. Bourdeau has it (He thinks, undiagnosed as of now. And he would NEVER self-diagnose!)

**Source(s) (APA Format):**
