

Restless Legs Syndrome (RLS) Rating Scale

Restless legs syndrome (RLS) is a sensation in the legs, and sometimes arms, that makes one have to move to get comfortable. It comes on at rest, is worse in the evening. It gets better with movement or tensing of the muscles. It may cause difficulty falling asleep.

Please rate your symptoms for the following ten questions.

In the past week

(1) Overall, how would you rate the RLS discomfort in your legs or arms?

- (4) Very severe
- (3) Severe
- (2) Moderate
- (1) Mild
- (0) None

(2) Overall, how would you rate the need to move around because of your RLS symptoms?

- (4) Very severe
- (3) Severe
- (2) Moderate
- (1) Mild
- (0) None

(3) Overall, how much relief of your RLS arm or leg discomfort did you get from moving around?

- (4) No relief
- (3) Mild relief
- (2) Moderate relief
- (1) Either complete or almost complete relief
- (0) No RLS symptoms to be relieved

(4) How severe was your sleep disturbance due to your RLS symptoms?

- (4) Very severe
- (3) Severe
- (2) Moderate
- (1) Mild
- (0) None

(5) How severe was your tiredness or sleepiness during the day due to your RLS symptoms?

- (4) Very severe
- (3) Severe
- (2) Moderate
- (1) Mild
- (0) None

(6) How severe was your RLS as a whole?

- (4) Very severe
- (3) Severe
- (2) Moderate
- (1) Mild
- (0) None

(7) How often did you get RLS symptoms?

- (4) Very often (6 to 7 days in 1 week)
- (3) Often (4 to 5 days in 1 week)
- (2) Sometimes (2 to 3 days in 1 week)
- (1) Occasionally (1 day in 1 week)
- (0) Never

(8) When you had RLS symptoms, how severe were they on average?

- (4) Very severe (8 hours or more per 24 hour)
- (3) Severe (3 to 8 hours per 24 hour)
- (2) Moderate (1 to 3 hours per 24 hour)
- (1) Mild (less than 1 hour per 24 hour)
- (0) None

(9) Overall, how severe was the impact of your RLS symptoms on your ability to carry out your daily affairs, for example carrying out a satisfactory family, home, social, school or work life?

- (4) Very severe
- (3) Severe
- (2) Moderate
- (1) Mild
- (0) None

(10) How severe was your mood disturbance due to your RLS symptoms - for example angry, depressed, sad, anxious or irritable?

- (4) Very severe
- (3) Severe
- (2) Moderate
- (1) Mild
- (0) None

TOTAL _____

0-10 mild

11-20 moderate

21-30 severe

31-40 very severe

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