

The 2012 Revised International Restless Legs Syndrome Study Group diagnostic criteria for restless legs syndrome (<http://irlssg.org/diagnostic-criteria/>)

Essential diagnostic criteria: NB All of these criteria must be met

- 1** An urge to move the legs usually, but not always, accompanied by, or felt to be caused by, uncomfortable and unpleasant sensations in the legs
- 2** The urge to move the legs, and any accompanying unpleasant sensations, begin or worsen during periods of rest or inactivity such as lying down or sitting
- 3** The urge to move the legs, and any accompanying unpleasant sensations, are partially or totally relieved by movement, such as walking or stretching, at least as long as the activity continues
- 4** The urge to move the legs, and any accompanying unpleasant sensations during rest or inactivity, only occur or are worse in the evening or night
- 5** The occurrence of the above features is not solely attributed to another medical or behavioural condition (e.g. myalgia, venous stasis, leg oedema, arthritis, leg cramps, positional discomfort, habitual foot tapping)