Restless legs syndrome rating scale

Patients must meet International Restless Legs Syndrome Study Group (IRLSSG) criteria for the diagnosis of restless legs syndrome (RLS) as follows:

**IRLSSG criteria for the diagnosis of RLS**

a. Desire to move the extremities usually associated with discomfort or disagreeable sensations in the extremities
b. Motor restlessness — patients move to relieve the discomfort, for example, walking, or to provide a counter-stimulus to relieve the discomfort, for example, rubbing the legs
c. Symptoms are worse at rest with at least temporary relief by activity
d. Symptoms are worse later in the day or at night

**RLS rating scale**

Ask the patient to rate his/her symptoms for the following ten questions.

Score each answer (unless otherwise specified) as follows:

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Very severe</td>
</tr>
<tr>
<td>3</td>
<td>Severe</td>
</tr>
<tr>
<td>2</td>
<td>Moderate</td>
</tr>
<tr>
<td>1</td>
<td>Mild</td>
</tr>
<tr>
<td>0</td>
<td>None</td>
</tr>
</tbody>
</table>

1. Overall, how would you rate the RLS discomfort in your legs or arms?
2. Overall, how would you rate the need to move around because of your RLS symptoms?
3. Overall, how much relief of your RLS arm or leg discomfort do you get from moving around?
   - No relief (4 points), slight relief (3 points), moderate relief (2 points), complete or almost complete relief (1 point), no RLS symptoms (0 points).
4. Overall, how severe is your sleep disturbance from your RLS symptoms?
5. How severe is your tiredness or sleepiness from your RLS symptoms?
6. Overall, how severe is your RLS as a whole?
7. How often do you get RLS symptoms?
   - Very severe: 6 to 7 days a week (4 points), severe: 4 to 5 days a week (3 points), moderate 2 to 3 days a week (2 points), mild (1 day a week or less), none (0 points).
8. When you have RLS symptoms, how severe are they on an average day?
   - Very severe: 8 hours per day or more (4 points), severe: 3 to 8 hours per day (3 points), moderate: 1 to 3 hours per day (2 points), mild: less than 1 hour per day (1 point), none (points)
9. Overall, how severe is the impact of your RLS symptoms on your ability to carry out your daily affairs (eg, carrying out a satisfactory family, home, social, school, or work life)?
10. How severe is your mood disturbance from your RLS symptoms (eg, angry, depressed, sad, anxious, or irritable)?

The severity of RLS is defined as follows:

- Very severe: 31 to 40 points
- Severe: 21 to 30 points
- Moderate: 11 to 20 points
- Mild: 1 to 10 points
- None: 0 points