

# Restless Legs Syndrome Questionnaire (Rating Scale)

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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) do you get from moving around?
  - (4) No relief
  - (3) Slight relief
  - (2) Moderate relief
  - (1) Either complete or almost complete relief
  - (0) No RLS symptoms and therefore question does not apply
  
4. Overall, how severe is your sleep disturbance from your RLS symptoms?
  - (4) Very severe
  - (3) Severe
  - (2) Moderate
  - (1) Mild
  - (0) None
  
5. How severe is your tiredness or sleepiness from your RLS symptoms?
  - (4) Very severe
  - (3) Severe
  - (2) Moderate
  - (1) Mild
  - (0) None
  
6. Overall, how severe is your RLS as a whole?
  - (4) Very severe
  - (3) Severe
  - (2) Moderate
  - (1) Mild
  - (0) None

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7. How often do you get RLS symptoms?

- (4) Very severe (This means 6 to 7 days a week.)
- (3) Severe (This means 4 to 5 days a week.)
- (2) Moderate (This means 2 to 3 days a week.)
- (1) Mild (This means 1 day a week or less.)
- (0) None

8. When you have RLS symptoms, how severe are they on an average day?

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

9. How severe is the impact of your RLS symptoms on your ability to carry out a satisfactory family, home, social, school, or work life/overall daily affairs?

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

10. How severe are your RLS symptoms on mood disturbance (angry, depressed, sad, anxious, or irritable)?

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

**\*Add up your answers to get your severity\***

**Very severe=31-40 points**

**Severe=21-30 points**

**Moderate=11-20 points**

**Mild=1-10 points**

**None=0 points**