

# Sleep Centre



## Periodic Limb Movement Disorder (PLMD) and Restless Legs Syndrome (RLS)

### Clinical Sites:



Singapore  
General Hospital  
SingHealth



Changi  
General Hospital  
SingHealth



Sengkang  
General Hospital  
SingHealth



KK Women's and  
Children's Hospital  
SingHealth

## What Are Periodic Limb Movements?

Periodic limb movements in sleep (PLMS) are repetitive movements, typically in the lower limbs that occur during sleep. These movements are typically a brief twitching or flexing of the foot or occasionally the arms, every 30 seconds or so, and can last for minutes to hours. On its own, this is not considered a serious condition but occasionally it may contribute to poor sleep or insomnia and daytime fatigue, in which case it is termed **periodic limb movement disorder (PLMD)**.



## What Is Restless Legs Syndrome?

**Restless legs syndrome (RLS)** is a condition characterised by recurrent, strong urges to move the legs (sometimes arms and trunk), often associated with uncomfortable and unpleasant sensations in the legs. These symptoms are worse in the evening or night, and get better when you move, walk or stretch. They may be severe enough to cause insomnia or recurrent awakenings and poor sleep. 85% of patients with RLS have PLMS, but it is not common for patients with PLMS to have RLS.

## Causes of PLMS and RLS

The exact causes of PLMS and RLS are unknown. However, both conditions have been linked to iron deficiency, certain medications, chronic kidney disease and certain neurological conditions.

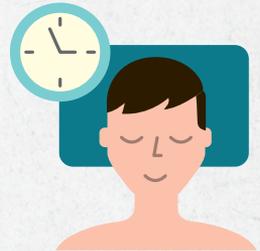
## Treatment of PLMD and RLS

PLMS generally does not require treatment unless it is causing sleep disturbances or daytime sleepiness.

Treatment of RLS or PLMD should first be directed towards identifying and treating any underlying cause such as iron deficiency, or stopping any triggering medications such as antidepressants or antipsychotic medications.

Other lifestyle measures include ensuring good sleep hygiene to minimise fatigue or sleep deprivation; using warm packs, massages or evening baths; ensuring adequate exercise but avoiding late night workouts; and avoiding caffeine.

If these measures are not effective, your sleep specialist may prescribe medications which have been shown to be helpful. Sometimes, certain dopamine medications which have previously been helpful for your RLS may become ineffective, or you may notice your RLS symptoms occurring earlier in the day. This phenomenon is called augmentation. Your sleep specialist may have to change your treatment to address this issue.



# Sleep Centre

## Clinical Sites:



**Singapore General Hospital**  
SingHealth

### Sleep Centre

Outram Community Hospital  
SingHealth Tower, Level 3

-  10 Hospital Boulevard, Singapore 168582
-  6321 4377
-  [www.sgh.com.sg](http://www.sgh.com.sg)



**Sengkang General Hospital**  
SingHealth

### Clinical Measurement Centre- Sleep Diagnostics

Medical Centre, Level 6

-  110 Sengkang East Way, Singapore 544886
-  6930 6000
-  [www.skh.com.sg](http://www.skh.com.sg)



**Changi General Hospital**  
SingHealth

### Changi Sleep & Assisted Ventilation Centre

Medical Centre, Level 2

### Sleep Laboratory

Integrated Building, Level 8, Ward 58

-  2 Simei Street 3, Singapore 529889
-  6850 3333
-  [www.cgh.com.sg](http://www.cgh.com.sg)



**KK Women's and Children's Hospital**  
SingHealth

### Sleep Disorders Centre

Children's Tower, Level 8, Ward 86

-  Bukit Timah Road, 100, Singapore 229899
-  6294 4050
-  [www.kkh.com.sg](http://www.kkh.com.sg)



Singapore General Hospital



Changi General Hospital



Sengkang General Hospital



KK Women's and Children's Hospital



National Cancer Centre Singapore



National Dental Centre Singapore



National Heart Centre Singapore



National Neuroscience Institute



Singapore National Eye Centre



SingHealth Community Hospitals



Polyclinics SingHealth