



CHILD'S NAME: _____ CHILD'S AGE: _____

Restless Legs Syndrome

A SCREENING TEST FOR KIDS

Parents: This questionnaire can be a helpful tool in determining whether or not your child has restless legs syndrome (RLS), as well as the severity of the condition if it does exist. Choose a quiet morning or evening to sit down with your child and determine the most suitable answer for each question.

QUESTIONS FOR YOUR CHILD:

1. Do you ever notice "funny" feelings in your legs when you lay down or when you're sitting?

- Yes
- No
- Don't know

2. Does the funny feeling go away when you move your legs, wiggle your toes or walk around?

- Yes
- No
- Don't know

3. Does the funny feeling get worse at night?

- Yes
- No
- Don't know

4. Do you wiggle around or fidget your feet or toes when you're laying down?

- Yes
- No
- Don't know

QUESTIONS FOR YOU:

- 1.** Does your child appear restless while sleeping (thrashing around, banging feet against a wall or falling out of bed)?
 - Yes
 - No
 - Don't know
- 2.** Does your child have repeated jerking movements while sleeping?
 - Yes
 - No
 - Don't know
- 3.** Does your child seem to be more hyperactive or fidgety than other children?
 - Yes
 - No
 - Don't know
- 4.** Has anyone in your immediate or extended family been diagnosed with falling or staying asleep?
 - Yes
 - No
 - Don't know
- 5.** Has your child ever been diagnosed or treated for anemia?
 - Yes
 - No
 - Don't know
- 6.** Has your child ever complained of creepy, crawling or tingling sensations in his or her legs?
 - Never
 - Once every few months
 - A couple time per week
 - At least a few times per week
- 7.** Does your child ever have "growing pains"?
 - Never
 - Once every few months
 - A couple time per week
 - At least a few times per week
- 8.** Does your child consume caffeinated food or beverages?
 - Daily
 - Every other day
 - 3-4 times a week
 - More than once a day



If you suspect that your child may have Restless Legs Syndrome, don't wait. Contact the **SleepCenter of the Rockies™** toll-free at **866.MY SLEEP** or locally at 970.619.6000. www.sleepcenterotr.com