Restless Legs Syndrome

 resend

What is restless legs syndrome?

...in a way that makes it hard to control your movements, including:

- Lifting your arm when you're thinking about making a movement
- Scratching your head when you feel itchy
- Rubbing your leg when it feels uncomfortable
- Pulling your hair when you're trying to cut it
- Scratching your belly when you're hungry
- Shaking your leg when you're sleeping
- Scratching your back when you're cold
- Scratching your ear when you're feeling anxious
- Scratching your knees when you're digesting
- Scratching your ears when you're thinking
- Scratching your fingers when you're feeling nervous