

# Restless legs syndrome epidemiology

**Restless legs syndrome** may affect up to 10% of the U.S. population. It affects both sexes, but is more common in women and may begin at any age, even in young children. Most people who are affected severely are middle-aged or older.

RLS is often unrecognized or misdiagnosed. This is especially true if the symptoms are intermittent or mild. Once correctly diagnosed, RLS can often be treated successfully.

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Restless legs syndrome affected 1% of Polish teenagers, in the majority of cases was idiopathic and associated with positive family history. It affected sleep and everyday functioning. Neurological consultation is essential to avoid **false positive** diagnoses of RLS/WED in teenagers <sup>1)</sup>

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Pienczk-Ręćławowicz K, Pilarska E, Olszewska A, Ręćławowicz D, Konieczna S, Sławek J. The prevalence of the restless legs Syndrome/Willis-Ekbom disease among teenagers, its clinical characteristics and impact on everyday functioning. Sleep Med. 2021 Oct 28;89:48-54. doi: 10.1016/j.sleep.2021.10.004. Epub ahead of print. PMID: 34883398.

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