



Restless Legs Syndrome (RLS) Questionnaire (Rating Scale)

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

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

_____ TOTAL POINTS