

Home Care Tips for **Restless Legs Syndrome**



**Maintain
Healthy Sleep
Hygiene**



**Try
Massage**



Exercise



**Take Hot
Baths**

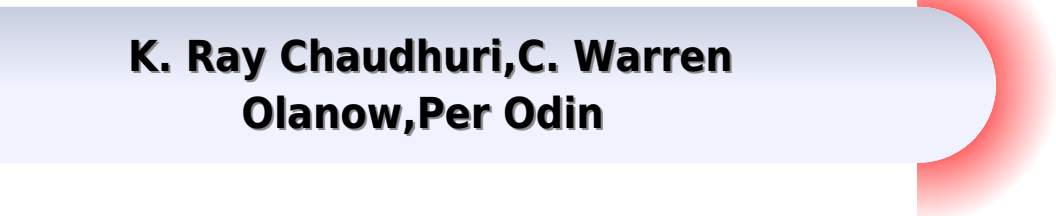


**Consider
Pneumatic
Pressure Therapy**



Sleep Thief Restless Legs Syndrome

**K. Ray Chaudhuri, C. Warren
Olanow, Per Odin**



Sleep Thief Restless Legs Syndrome:

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