

## **Restless Legs – Solution RLS**

Both my self and my wife suffer restless legs at night. Any one suffering from these knows what an odd and unpleasant feeling it is. Nothing short of sleep or getting up and walking around seems to stop them.



There are numerous other remedies mentioned on websites none of which we found helpful.

However a little know solution that I found on the web has solved this for both of us

### **Tights, Stockings or compression Stockings – simple and effective**

Either man or woman tights, it seems to matter little what type.

Stops them dead especially if put on prior to the time we usually get this which is in bed watching television.

Why?

I think it is simple TENS effect. Just as small electrical current competes with the pain channels and thus TENS is well known to help chronic pain, so too do the tights.



The sensation competes for the same neural pathways that the restless legs feelings have and the Skin sensation from the tights wins.

Of course an added benefit it keeps feet and legs warm!

Hope others find this helpful.

Quote from:

<http://www.compressionstockingsite.com/can-compression-stockings-help-with-restless-leg-syndrome-rls/>

"According to reports on websites for movement disorders (such as WEMOVE) a number of patients have found great comfort and regained more restful sleep patterns simply by wearing compression stockings or support hosiery in their fight against RLS"