



THE BETTER SLEEP
CLINIC

Restless Legs Syndrome Rating Scale

Have the patient rate his/her symptoms for the following ten questions. The patient and not the examiner should make the ratings, but the examiner should be available to clarify any misunderstandings the patient may have about the questions. Either the examiner or the patient may mark the answers on the form.

1. Overall, how would you rate the RLS discomfort in you 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

Overall, how much relief of your RLS arm or leg discomfort do you get from moving around?

- No relief
- 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 mood disturbance from your RLS symptoms-for example angry, depressed, sad, anxious, or irritable?

- (4) Very severe
- (3) Severe
- (2) Moderate
- (1) Mild

6. How severe is your tiredness or sleepiness from your RLS symptoms?

- (4) Very severe
- (3) Severe
- (2) Moderate
- (1) Mild
- (0) None

7. Overall, how severe is your RLS as a whole?

- (4) Very severe
- (3) Severe
- (2) Moderate
- (1) Mild
- (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. Overall, how severe is the impact of your RLS symptoms on your ability to carry out your daily affairs, for example carrying out a satisfactory family, home, social, school, or work life?

- (4) Very severe
- (3) Severe (2) Moderate
- (1) Mild
- (0) None

SCORE

- (0) None
- Very severe = 31-40 points
- Severe = 21-30 points
- Moderate = 11-20 points
- Mild = 1-10 points
- None = 0 points



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RLS Ordinal Scale for Patients

INSTRUCTIONS FOR EXAMINER:

Give the patient this piece of paper and have him or her rate their symptom severity for the preceding week overall.

- 1
- MILD
- 2
- 3
- MODERATE
- 4
- 5
- SEVERE
- 6
- 7
- VERY SEVERE
- 8