

## **Questionnaire about the RLS disturbance (restless legs syndrome)**

Please answer a few questions to help us determine whether or not you suffer from the restless legs syndrome (RLS), and whether our dietary supplement Arelesin+, conceived to alleviate the RLS, is appropriate for you.

**1. My legs tremble, especially when I'm lying down.**

YES            NO

**2. Sometimes I get sensation of pins and needles in my legs.**

YES            NO

**3. When I lay down, I feel a growing unpleasant tension in my legs, especially in the lower parts, which makes me want to kick.**

YES            NO            SOMETIMES, BUT NOT DISTINCTLY

**4. The more I relax, the more the tension is growing.**

YES            NO            IT STAYS THE SAME

**5. I have leg cramps.**

YES            NO

**6. During the night, when I move my leg around in bed, I have to rub them or even kick, to feel better.**

YES            NO

**7. Moving my legs during the night woke me up again; when I try to relax and go back to sleep, I get the irritating tingling sensation in the legs again.**

YES            NO

**8. I can't fall asleep because I'm restless.**

YES            NO

Send the completed questionnaire to: [info@molin.si](mailto:info@molin.si) or [darticom@gmail.com](mailto:darticom@gmail.com).  
We will respond to you as soon as possible.