

RLS Symptom Journal

Complete in the morning when waking up:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Time I went to bed:							
Time it took me to fall asleep:							
How many times I woke up in the night, if any:							
Total hours slept:							

Complete in the evening before bed:							
I experienced RLS symptoms at these times:	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Evening <input type="checkbox"/> Night	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Evening <input type="checkbox"/> Night	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Evening <input type="checkbox"/> Night	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Evening <input type="checkbox"/> Night	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Evening <input type="checkbox"/> Night	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Evening <input type="checkbox"/> Night	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Evening <input type="checkbox"/> Night
From 1 to 5 (5 being the worst), my symptoms were this severe:							
I consumed any of these substances during the day (with times): <input type="checkbox"/> Caffeine <input type="checkbox"/> Alcohol <input type="checkbox"/> Tobacco products <input type="checkbox"/> Medications (please list) <input type="checkbox"/> Other (please list)							
Additional comments (ex. Events, stresses, personal notes):							

What should you do if you think that you have Restless Legs Syndrome? Make an appointment with your healthcare provider to discuss your RLS symptoms. It may be helpful to bring your RLS Symptom Journal to help your doctor determine what factors may or may not be contributing to your symptoms.

Talk to your doctor about restiffic. Learn how restiffic works, watch patients discuss their experiences, and read more about RLS on www.restiffic.co.uk.