



Sleep Disorders Australia

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Media Release

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Restless Legs Syndrome (RLS), also known as Willis-Ekbom disease, is a neurological disorder characterised by an irresistible urge to move the legs or other parts of the body, often accompanied by unusual or unpleasant sensations that may be described as tingling, creeping, and crawling. Some liken the sensation to shooting darts of electricity, or even squirming insects inside the legs. It typically happens in the evenings or at night while you're sitting or lying down, but can also happen at any time of the day. Because symptoms most often occur in the evening, they can severely disrupt sleep and reduce quality of life.

The official RLS Awareness Day is held on is September 23rd to coincide with the birth date of Professor Karl-Axel Ekbom the Swedish neurologist who first described Restless Legs Syndrome in 1945. The Awareness Day has been celebrated in other countries previously, however 2018 will be the very first year that this event is officially celebrated in Australia.

There is so little known or understood about RLS and that needs to change so the theme for the 2018 RLS Awareness Day in Australia is "EDUCATION". This is an opportunity to raise awareness and share information about RLS so that we can raise awareness within the medical community and the general public. Sleep Disorders Australia will be hosting the event and invites other organisations and groups to join them.

RLS Awareness Day 23 September 2018

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