

I've had RLS for most of my life, starting in my teens. It's come and gone over the years but really kicked in during the third trimester of my pregnancy and again at menopause. This time it's settled in and stayed.

There are still so many doctors and other people who think RLS doesn't exist and it's all in my head. If it doesn't exist then why am I pacing around and around in the middle of the night trying to get some relief from the constant crawling, tingling sensations in my feet and hands that build up to a jerk, stop and then start all over again every 15 to 20 seconds? Occasionally you get an hour or so sleep or you sleep standing up or hunched over something.

My anxiety goes through the roof and I just don't know if I can stand it anymore. I walk till I'm exhausted and then sit or lie down, but it starts again and again and again! This cycle is all night, every night. I'm so tired, tired deep inside of me. This is chronic sleep deprivation. That incredible relentless exhaustion inside every part of your muscles and bones. I'm so tired of living this way that I often think of the relief suicide would bring. With no research or hope for the future, what is the point in going on? This isn't living. Being told it's all in your head when your quality of life is almost non-existent because you're so exhausted you can't even function on a daily basis isn't a life I would wish on anyone.

*Written by Karalyn for RLS Awareness Day 2018*

