



Restless Legs Syndrome: Relief and Hope for Sleepless Victims of a Hidden Epidemic

Robert Yoakum

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Within these pages is the promise of a long-awaited good night's rest.

For decades, millions of people have experienced the irresistible urge to move their legs without understanding why. These disagreeable leg sensations get worse with inactivity, making sitting still and sleep painful and sometimes impossible. If you hold this book, you or someone you love has most likely lived with this constant discomfort, this agitated inability to rest -- restless legs syndrome. You are not alone.

According to the American Medical Association, 10 to 15 percent of adult Americans have the neurological disorder known as restless legs syndrome. This underdiagnosed and treatable condition can completely overwhelm a person's life, causing stress, sleep deprivation, career difficulties, and relationship strife. Author Robert Yoakum has suffered from

restless legs syndrome all of his adult life. In *Restless Legs Syndrome*, he has compiled a comprehensive resource on this disease, giving those afflicted with it a voice and creating a community. In addition, many of the foremost medical specialists in the field have

contributed their knowledge and experience to make this the most comprehensive and timely source of information on this disease.

Restless Legs Syndrome provides invaluable information for victims, their friends and loved ones, and health-care providers. Yoakum informs and advises readers on:

- Sleep management and alternative rest options
- How to enlist help from others
- Possible causes of restless legs syndrome
- Criteria for diagnosis
- Medical advice and treatment options
- The relationship of stress, dopamine, and iron
- Finding or creating a restless legs syndrome support group

Yoakum combines empathy and understanding with practical, clear-cut information, and helpful stories from others who share their tales of relief and hope.

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Nicole Garner:

This Restless Legs Syndrome: Relief and Hope for Sleepless Victims of a Hidden Epidemic book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book will be information inside this book incredible fresh, you will get info which is getting deeper you read a lot of information you will get. This kind of Restless Legs Syndrome: Relief and Hope for Sleepless Victims of a Hidden Epidemic without we understand teach the one who reading it become critical in thinking and analyzing. Don't always be worry Restless Legs Syndrome: Relief and Hope for Sleepless Victims of a Hidden Epidemic can bring if you are and not make your tote space or bookshelves' turn out to be full because you can have it in your lovely laptop even cellphone. This Restless Legs Syndrome: Relief and Hope for Sleepless Victims of a Hidden Epidemic having great arrangement in word in addition to layout, so you will not feel uninterested in reading.

Christy Brodersen:

Restless Legs Syndrome: Relief and Hope for Sleepless Victims of a Hidden Epidemic can be one of your beginner books that are good idea. Many of us recommend that straight away because this publication has good vocabulary which could increase your knowledge in words, easy to understand, bit entertaining but still delivering the information. The article author giving his/her effort to get every word into pleasure arrangement in writing Restless Legs Syndrome: Relief and Hope for Sleepless Victims of a Hidden Epidemic yet doesn't forget the main position, giving the reader the hottest and based confirm resource details that maybe you can be among it. This great information could drawn you into fresh stage of crucial thinking.

Ronda Hagerty:

This Restless Legs Syndrome: Relief and Hope for Sleepless Victims of a Hidden Epidemic is great reserve for you because the content that is certainly full of information for you who have always deal with world and have to make decision every minute. That book reveal it details accurately using great organize word or we can declare no rambling sentences inside. So if you are read that hurriedly you can have whole information in it. Doesn't mean it only provides you with straight forward sentences but tricky core information with lovely delivering sentences. Having Restless Legs Syndrome: Relief and Hope for Sleepless Victims of a Hidden Epidemic in your hand like keeping the world in your arm, info in it is not ridiculous one particular. We can say that no guide that offer you world in ten or fifteen small right but this e-book already do that. So , this can be good reading book. Heya Mr. and Mrs. occupied do you still doubt that will?

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