

HEALTH REPORT

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ACUPUNCTURE BRINGS NIGHT-TIME SLEEP, RELIEF FROM RESTLESS LEG SYNDROME

People who suffer from Restless Leg Syndrome (RLS) try all sorts of remedies to help handle the discomfort and pain that is associated with the condition. Often people who have it experience difficulties with sleeping. It is quite common that the symptoms flare up more in the evening and continue during the night than at other times during the waking hours.

Here is a case report of one person who experienced relief from an RLS treatment. Her name is Sylvette Hickey, and she works in the medical profession as a Registered Nurse. This report is about her success with Acupuncture.

Her account begins by stating that she'd been having on-going problems with RLS for several years. Uncomfortable feelings in her legs at night were the first symptoms she noticed. She said that the condition became so painful that it was impeding her sleep.

"I remember trying to sleep with my legs propped up along the wall. Sleeping in a sitting position was another of my 'poses.' When neither worked, I would pound on my legs with my fists to try to alleviate the discomfort," she reported. Over-the-counter medications like Advil® and Tylenol® were also used frequently.

It was at this point, looking for solutions, that she turned to Acupuncture.

Actually, Ms. Hickey was already receiving some Acupuncture to help her with back pain. She was very satisfied with how these treatments had been significantly helping her back.

"I asked Steve (my acupuncturist) if treatments could help my condition (RLS), and he suggested I try a few sessions. Imagine my utter shock when after the first treatment I slept like a baby," she said.

Her success with sleep continued following her treatments. For one year after she said that her RLS remained under control. Now, she gets an occasional treatment if it ever flares up again. In the meantime, she has also continued to educate herself about RLS and the effects of the disorder.

"Anyone who suffers from RLS should see an acupuncturist...give it a try," she says.