

## Relieving Restless Legs Syndrome: Device A Real-Life Example Of “Physician Heal Thyself”

(NAPSA)—According to the U.S. Centers for Disease Control and Prevention, sleep deprivation is a serious and growing epidemic in the U.S. with potentially life-threatening consequences. The chronically sleep deprived may be at greater risk for obesity, heart disease, heart attack and even premature death.

Some people may be able to address the problem by reducing their caffeine intake, shutting down the mesmerizing glow of their computer and cell phone screens, or choosing an earlier bedtime. But for millions of Americans suffering from Restless Legs Syndrome (RLS), problems of sleep deprivation actually begin the moment they lay down.

The National Institute of Neurological Disorders and Stroke (NINDS) estimates that as many as 12 million Americans may be suffering from RLS, a lifelong neurological condition that’s also known as Willis-Ekbom Disease.

### Suffering With RLS

People with RLS often experience uncomfortable, uncontrollable tingling, aching and pain in their legs. The symptoms, which typically begin while a person’s at rest, may awaken him or her from a sound sleep or delay his or her ability to fall asleep in the first place. In severe cases, RLS attacks may occur several times and with increased severity during the night.

Many people find their only relief from an RLS attack comes from physical movement, such as massaging their limbs or walking around the room, to address their discomfort. Repeated sleep interruptions from RLS can reduce a patient’s quality of life, leading to physical fatigue, reduced mental functioning, and emotional stress.

Women are twice as likely as men to have RLS. And although people of any age may be affected, mature adults may suffer the most, because RLS symptoms tend to increase in both frequency and duration with age.

Historically, medications have been used to treat RLS, but many of these drugs have significant side effects and present risks of drug interaction and addiction. NINDS also reports that some drugs have been found to actually worsen patients’ RLS symptoms over time, despite initially providing relief.

Fortunately, there’s new hope for RLS sufferers. The U.S. Food and Drug Administration (FDA) recently cleared Relaxis, a new, nondrug treatment to help RLS



**A new device can help people with Restless Legs Syndrome sleep better.**

patients. Relaxis is not a drug and therefore does not carry any of the risk and side effects associated with them.

### How Relaxis Addresses RLS

Relaxis is a prescription-only medical device that provides controlled, targeted, vibratory counterstimulation. During an RLS episode, patients place the low-profile Relaxis pad at the site of their discomfort. They then choose a vibration intensity, which ultimately overwhelms their RLS symptoms while they remain in the comfort of their bed. After 30 minutes, Relaxis gradually ramps down and shuts off without waking the patient.

Relaxis was invented by Dr. Fred Burbank, a well-known physician and inventor who sought relief from his own RLS symptoms. Results from two randomized, multicenter, controlled, double-blinded, prospective clinical research studies have been published in a peer-reviewed medical journal, indicating that the Relaxis device was found better than placebo pads for improving sleep quality in patients with primary RLS.

“Until now, RLS patients’ only options were to suffer unaided through their condition or face the potential side effects of long-term medication therapy,” says Dr. Burbank, chairman of Sensory NeuroStimulation, Inc., the company that developed Relaxis. “We are pleased to have the first and only nonpharmacological approach, which is clinically proven and FDA cleared, to address the symptoms of this devastating condition,” he concluded.

Relaxis is now available nationwide by prescription only. Interested patients should ask their doctor or visit [www.MyRelaxis.com](http://www.MyRelaxis.com) for more details. Relaxis is made in the U.S.A. by Sensory NeuroStimulation, Inc., a privately held company based in San Clemente, Calif.