

TITLE 1: “Ask the Doctors”

TITLE 2:

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KEYWORDS:

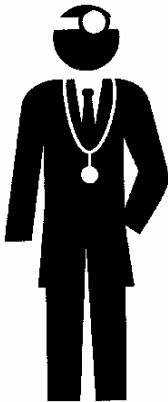
- Diet/exercise

ABSTRACT OVERVIEW: One reader asks whether the desire to eat is related to RLS attacks.

COPY OF ARTICLE:

Q. *As soon as my RLS symptoms begin, I feel an urge to eat and I start for the refrigerator. Is RLS associated with such behavior?*

A. Nocturnal eating is quite common among patients with RLS who wake during the night with the urge to move and to walk around. Some patients have told us that they especially crave sweet things like chocolate or cookies when they are awake at night. They also say that their RLS symptoms improved after they ate. One of these patients gained weight and was not able to reduce his weight until the RLS was successfully treated. There is at least one article that describes this possible relationship between nocturnal eating disorders and RLS. Perhaps eating affects the biologic clock, which is also involved in the RLS. We know that eating can substantially change the body temperature and circadian rhythms measured by hormones like cortisol or growth hormones. In addition, being hungry can lead to hyperactivity in those persons who want to lose weight. At the moment we can just recommend that you eat something if you feel the urge when you are awake, but try to control it.



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