

**TITLE 1:** “Ask the Doctor”

**TITLE 2:**

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**KEYWORDS:**

- Symptoms

**ABSTRACT OVERVIEW:** A question from a reader about whether his joints cracking and his head pounding are RLS symptoms.

**COPY OF ARTICLE:**

**Q.** *I have had RLS since I was small, but it has only become severe in the last two years. I am 30. I have two symptoms at night that I have not read about in others' experiences. My joints crack loudly and frequently when I am experiencing the sensations of RLS. All I have to do is flex my*



*foot or bend my knee and my joints crack. Also, when I lie down in bed at night, the blood in my head pounds. Are these things common in people with RLS?*

**A.** No, these are not symptoms of RLS. I would guess that you are noticing your joints cracking during the times you experience RLS because you are moving your limbs to try to relieve the RLS discomfort. Perceiving your pulse beating in your head is fairly common at night when you are lying with the arteries in your neck against the pillow; again this is not specifically related to RLS.

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