



Restless Legs Syndrome Foundation Research Grant Policies & Application Procedures

Restless legs syndrome (RLS), also known as Willis-Ekbom disease, is a distinctive but often misdiagnosed sensorimotor disorder that affects an estimated 7-8% of US and European adults with 2-3% experiencing moderate to severe symptoms. Primary features include akathisia deep in the limbs that compel the person to move in order to relieve the sensations, which occur when the afflicted individual is at rest, primarily in the evening and at night. Associated features include the presence of periodic limb movements in sleep, sleep disturbance (leading to daytime sleepiness), a positive family history, a progressive disease course, and the lack of another medical condition that accounts for the cause of symptoms.

The RLS Foundation, a 501(c)(3) nonprofit corporation, aspires to achieve universal awareness of the disease, identify effective treatments, and find the cure for the millions of men, women, and children who suffer from restless legs syndrome.

The RLS Foundation intends to fund from current operating income up to two grants of \$35,000 each for one year; it may fund additional grants from other resources as determined by the Board of Directors.

A. Requirements

1. **Eligibility:** All institutions within the United States, Canada, and those foreign countries where supervision of grant administration is possible are eligible.
2. **Human Subject Protection:** Approval by the institution's human investigation committee is necessary for all projects that involve human subjects.
3. **Recombinant DNA Research and Animal Welfare:** The RLS Foundation has adopted the regulations pertaining to these areas, as established by the US Public Health Service.
4. **Multiple Awards:** Individual investigators may receive a maximum of one grant award of any kind in a given year.
5. **Multi-year proposals:** The RLS Foundation invites submission of multi-year grant proposals. The average award is \$35,000 per year.

B. Application

1. Complete the attached application, which includes an abstract with a clearly stated hypothesis, proposal, budget, biographic sketch for each primary investigator (PI) listed, and disclosure of previous RLS Foundation support and other sources of funding.
2. Submit (1) one original application electronically in pdf or word format to Karla Dzienkowski, Executive Director of the RLS Foundation, at karla@rls.org.

C. Award Process

1. **Schedule:** The RLS Foundation Scientific and Medical Advisory Board will review all applications, together with competing proposals on an ongoing basis, without a fixed deadline or review schedule.
2. **Review:** The Scientific and Medical Advisory Board (SMAB) will evaluate and rank the proposals on the basis of scientific merit.
3. **Award:** The RLS Foundation Board of Directors will make the final award decisions in accordance with available funds, based on the evaluation provided by the SMAB and other prioritization factors as determined by the Board of Directors. (Statement of Research Priorities).
4. **Recipient Requirements:** In order to receive an RLS Foundation Research Grant, the recipient must:
 - a) Within one month of grant award, provide a photo of grantee and a one-page article for publication in *NightWalkers* (the Foundation's quarterly news magazine) describing in layman's language the importance of the research to the RLS community and the recipient's future plans for follow-on research.
 - b) Use the terminology Restless Legs Syndrome (Willis-Ekbom disease) in all grant-related publications and correspondence.
 - c) Agree to submit a progress report after 6 months and 12 months from date of Grant approval.
 - d) Not receive federal or other funds for any part of the same project. The intent of the RLS Foundation Grant Program is to provide seed monies to support researchers in their research endeavors.
 - e) Acknowledge the RLS Foundation's support in any published work or audiovisual productions resulting from research that the Foundation has supported. (Send three copies of any reprints to the Executive Director of the RLS Foundation.)
 - f) Agree, if RLSF-funded research is commercialized or generates revenues, to devote a portion of the revenues to repaying the entire amount of the grant received, plus interest at the-prevailing prime rate, to the Foundation. Interest will be calculated semi-annually on the unpaid portion of the amount to be repaid.
5. **Funding:** Funds will be awarded in two equal payments, pending the following required information:
 - a) Checks payable to: recipient name, institution name, mailing address.
 - b) A completed IRS Form W-9 to the RLS Foundation
 - c) Second payment will be made upon receipt of a satisfactory 6-month progress report (See Section C, number 4c of this document).

D. Costs Not Permitted

The following costs are **not** allowable under the RLS Foundation's grants programs:

1. Institution overhead (indirect costs)
2. New construction, alterations or renovations of existing facilities
3. Consultant fees, unless specified in the original grant application
4. Travel costs