



September 2020 Restless Legs Syndrome Foundation Virtual RLS Awareness Month

The RLS community will not let the Coronavirus threat keep us down! Thank you for your participation in the first **Virtual RLS Awareness Month, September, 2020**. Help us get the word out to members of Congress – increase their awareness of restless legs syndrome, educate them about RLS and enlist their help for our community. We are encouraging our community to email and/or call your representatives to discuss how RLS impacts your daily life. Our plan is to shower legislators with emails and calls about RLS this year for Awareness month!

Take action

- Email your two Senators and your Member of the House of Representatives to share your experience with RLS and to ask them to help us (see email templates below). Tell us who you contacted: <https://www.surveymonkey.com/r/RLSAWARE>
- Call the offices of your two Senators and your Member of the House of Representatives to share your experience with RLS and ask them to help us (see email templates below). Tell us who you contacted: <https://www.surveymonkey.com/r/RLSAWARE>

Making Contact

To find and contact your U.S. Senate Representative:

1. Visit the Senate website www.senate.gov
2. Conduct a search using the **Find Your Senators** pull-down menu in the upper right corner (select your state and click Go).
3. On the results page is a link to the Senator's website, contact information, and links to an online contact form (forms vary by Senator).
4. To email: copy and paste your email script into the contact form found on their website, make edits and submit.

To call: choose an office location and follow the call script on page 2.

To find and contact your U.S. House Representative:

1. Visit the House of Representatives website www.house.gov
2. Conduct a search using the **Find Your Representative** zip code search box in the upper right corner (enter your zip code and click Go).
3. On the results page is a photo of your Representative(s), links to the Representative's personal website and online contact form, and a local map.
4. In the event your zip code overlaps with multiple congressional districts, the results page will include boxes for you to enter your zip code+4 or mailing address to find the correct Representative. If you need help finding your +4 zip code use the USPS [Zip Code Lookup](#).

5. To email: copy and paste your email script into the contact form found on their website, make edits and submit.

To call: Look up Health Legislative Assistant (HLA) on partial list attached and follow the call script below. If your HLA is not listed, call the office and ask to speak to the Health LA.

SAMPLE EMAIL COPY

**CC: clara@rls.org on all emails, or tell us who you contacted:
<https://www.surveymonkey.com/r/RLSAWARE>**

My name is _____ and I live in _____.

I am an advocate with the Restless Legs Syndrome Foundation (RLS Foundation). The RLS Foundation advocates for all persons affected by restless legs syndrome (RLS) and supports a legislative and policy agenda that meets the needs of the RLS community.

The RLS Foundation's mission is to improve the lives of men, women, and children who live with RLS. The goals of the Foundation are to increase awareness, improve treatments and, through research, to find a cure for this often-devastating disease.

RLS is a neurological sensory-motor circadian disorder that causes a distressing urge to move the legs and, in some cases, other parts of the body such as the arms. The urge is accompanied by sensory disturbances ranging from discomfort to pain in the affected parts of the body. Currently, in the United States nearly 12 million men, women and children suffer from RLS. RLS symptoms can range from relatively mild to severe, from only rarely experienced to an intense daily torture. RLS may have profound disruptive effects on sleep quality, quantity and overall quality of life. There is no known cure for RLS.

{Share your RLS experience. Be concise (400-800 words) but let them know how RLS has affected your life.}

I am writing today to ask for _____ (Name of Senator or Representative)'s help. Please remember your RLS constituents like me when you are crafting any legislation or policy, in particular research funding, access to treatment and healthcare provider education.

Please consider me a resource for you and your office about any health related and patient issues.

Sincerely,

[Name]

[Address]

[City,State], [Zip]

SAMPLE CALL SCRIPT

Tell us who you contacted: <https://www.surveymonkey.com/r/RLSAWARE>
Good Morning/Afternoon,

My name is _____ and I live in _____.

I am an advocate with the Restless Legs Syndrome Foundation. The RLS Foundation advocates for all persons affected by Restless Legs Syndrome (RLS) and supports a legislative and policy agenda that meets the needs of the RLS community.

RLS is a neurological sensory-motor circadian disorder that causes a distressing urge to move the legs and, in some cases, other parts of the body such as the arms. The urge is accompanied by sensory disturbances ranging from discomfort to pain in the affected parts of the body. Currently, in the United States it is estimated that more than 12 million men, women and children suffer from RLS. RLS symptoms can range from relatively mild to severe, from only rarely experienced to an intense daily torture. RLS may have profound disruptive effects on sleep quality, quantity and overall quality of life. There is no known cure for RLS.

{Share your RLS experience. Be concise (400-800 words) but let them know how RLS has affected your life.}

I am calling today to ask for _____ (Name of Senator or Representative)'s help. Please remember your RLS constituents like me when you are crafting any legislation or policy, in particular research funding, access to treatment and healthcare provider education.

Please consider me a resource for you and your office about any health related and patient issues.

SAMPLE THANK YOU EMAIL (sent after a phone call)

CC: clara@rls.org

Dear _____,(name of Staffer you spoke too)

Thank you for taking my phone call and for allowing me to and share my experience with restless legs syndrome. I am writing today to ask for _____ (Name of Senator or Representative)'s help. Please remember your RLS constituents like me when you are crafting any legislation or policy, in particular research funding, access to treatment and healthcare provider education.

Please consider me a resource for you and your office about any health related and patient issues. Help us to improve the lives of RLS patients. This severely misunderstood and underdiagnosed neurological disorder has no cure and is in desperate need of _____'s (insert name of Senator or Representative) support.

Thank you again for your time and consideration of these requests.

Sincerely,
[Name]
[Address]
[City,State], [Zip]

Health Legislative Assistants - 3/2020

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