

RLS Quality of Life Questionnaire

The following are some questions on how your Restless Legs Syndrome might affect your quality of life. Answer each of the items below in relation to your life experience in the past 4 weeks. Please mark only one answer for each question.

1. In the past 4 weeks how distressing to you were your restless legs?

- Not at all A little Some Quite a bit A lot

2. How often in the past 4 weeks did your restless legs disrupt your routine evening activities?

- Never A few times Sometimes Most of the time All the time

3. How often in the past 4 weeks did restless legs keep you from attending your evening social activities?

- Never A few times Sometimes Most of the time All the time

4. In the past 4 weeks how much trouble did you have getting up in the morning due to restless legs?

- None A little Some Quite a bit A lot

5. In the past 4 weeks how often were you late for work or your first appointments of the day due to restless legs?

- Never A few times Sometimes Most of the time All the time

6. How many days in the past 4 weeks were you late for work or your first appointments of the day due to restless legs?

Write in number of days:

7. How often in the past 4 weeks did you have trouble concentrating in the afternoon?

- Never A few times Sometimes Most of the time All the time

8. How often in the past 4 weeks did you have trouble concentrating in the evening?

- Never A few times Sometimes Most of the time All the time

9. In the past 4 weeks how much was your ability to make decisions affected by sleep problems?

- Not at all A little Some Quite a bit A lot

10. How often in the past 4 weeks would you have avoided traveling when the trip would have lasted more than two hours?

- Never A few times Sometimes Most of the time All the time

11. In the past 4 weeks how much interest did you have in sexual activity?

- None A little Some Quite a bit A lot

Prefer not to answer

12. **In the past 4 weeks** how much did restless legs disturb or reduce your sexual activities?
 Not at all A little Some Quite a bit A lot

 Prefer not to answer

13. **In the past 4 weeks** how much did your restless legs disturb your ability to carry out your daily activities, for example carrying out a satisfactory family, home, social, school or work life?
 Not at all A little Some Quite a bit A lot

14. Do you currently work (full or part time, paid work, unpaid or volunteer)?
(mark one box)
 YES If Yes please answer questions #15 through #18
 NO, because of my RLS – Thank you, you have now completed the questionnaire.
 NO, due to other reasons – Thank you, you have now completed the questionnaire.

15. How often did restless legs make it difficult for you to work a full day **in the past 4 weeks**?
 Never A few times Sometimes Most of the time All the time

16. How many days **in the past 4 weeks** did you work less than you would like due to restless legs?
Write in number of days:

17. On the average, how many hours did you work per day **in the past 4 weeks**?
Write in number of hours per day:

18. On days you worked less than you would like, on average about how many hours less did you work per day due to your restless legs?
Write in number of hours per day:

Thank you, you have now completed the questionnaire.