

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Today's date: \_\_\_\_\_

When you try to relax in the evening or sleep at night, do you ever have unpleasant, restless feelings in your legs that can be relieved by walking or movement?  **Yes**  
 **No**

If you answered "yes", please continue to complete all the questions in this package.  
**If you answered "no", you are done and can stop here.**

## Cambridge Hopkins Restless Legs Questionnaire

1. Do you have, or have you had, recurrent uncomfortable feelings or sensations in your legs while you are sitting or lying down?  Yes  No

2. Do you have, or have you had, a recurrent need or urge to move your legs while you were sitting or lying down?  Yes  No

3. Are you more likely to have these feelings when you are resting (either sitting or lying down) or when you are physically active?  Resting  Active

4. If you get up or move around when you have these feelings do these feelings get any better while you actually keep moving?  Yes  No  Don't know

5. Which times of day are these feelings in your legs **least** likely to occur? (please check as many as apply)  Morning  Mid-day  Afternoon  
 Evening  Night  About equal at all times

6. Will simply changing leg position by itself once without continuing to move usually relieve these feelings?  Usually relieves  Usually does not relieve  
 Don't know

7. a) Are these feelings ever due to muscle cramps?  Yes  No  Don't know

b) If so, are they always due to muscle cramps?  Yes  No  Don't know