



The Centre for Sleep & Pulmonary Medicine

International Restless Legs Syndrome Study Group Rating Scale (IRLS)

Please rate your symptoms as per the following questions. The patient should make the ratings; the examiner may clarify any uncertainties the patient has regarding the questions.

1. Overall, how would you rate the RLS discomfort in your legs or arms?

- (4) Very severe
- (3) Severe
- (2) Moderate
- (1) Mild
- (0) None

2. Overall, how would you rate the need to move around because of your RLS symptoms?

- (4) Very severe
- (3) Severe
- (2) Moderate
- (1) Mild
- (0) None

3. Overall, how much relief of your RLS arm or leg discomfort do you get from moving around?

- (4) No relief
- (3) Slight relief
- (2) Moderate relief
- (1) Either complete or almost complete relief
- (0) No RLS symptoms and therefore question does not apply

4. Overall, how severe is your sleep disturbance from your RLS symptoms?

- (4) Very severe
- (3) Severe
- (2) Moderate
- (1) Mild
- (0) None

5. How severe is your tiredness or sleepiness from your RLS symptoms?

- (4) Very severe
- (3) Severe
- (2) Moderate
- (1) Mild
- (0) None



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6. Overall, how severe is your RLS as a whole?

- (4) Very severe
- (3) Severe
- (2) Moderate
- (1) Mild
- (0) None

7. How often do you get RLS symptoms?

- (4) Very severe (this means 6-7 days per week)
- (3) Severe (this means 4-5 days per week)
- (2) Moderate (this means 2-3 days per week)
- (1) Mild (this means 1 day per week or less)
- (0) None

8. When you have RLS symptoms, how severe are they on an average day?

- (4) Very severe (this means 8 hours per 24 hour day or more)
- (3) Severe (this means 3-8 hours per 24 hour day)
- (2) Moderate (this means 1-3 hours per 24 hour day)
- (1) Mild (this means less than 1 hour per 24 hour day)
- (0) None

9. Overall, how severe is the impact of your RLS symptoms on your ability to carry out your daily affairs, for example carrying out a satisfactory family, home, social, school or work life?

- (4) Very severe
- (3) Severe
- (2) Moderate
- (1) Mild
- (0) None

10. How severe is your mood disturbance from your RLS symptoms – for example, angry, depressed, sad, anxious or irritable?

- (4) Very severe
- (3) Severe
- (2) Moderate
- (1) Mild
- (0) None

Scoring:

Very severe: 31-40 points
Severe: 21-30 points
Moderate: 11-20 points
Mild 1-10 points
None: 0 points

Reference: The International Restless Legs Syndrome Study Group. Validation of the International Restless Legs Syndrome Study Group Rating Scale for restless legs syndrome. *Sleep Med* 2003;4(2):121-132.