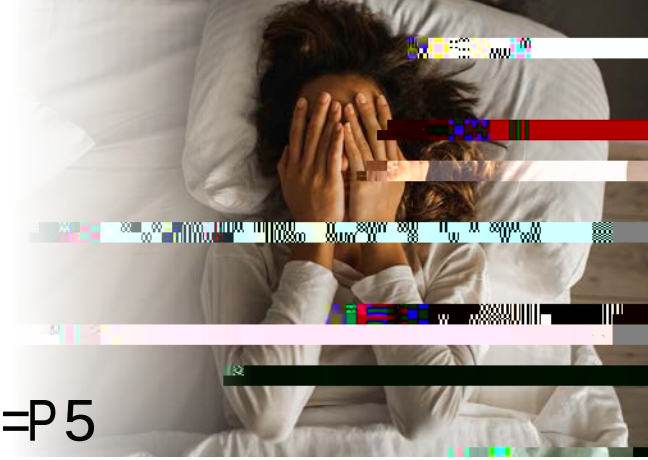




SLEEP DISORDERS

! 33. * P * ! M , 6BV ! N * Q = ! M 5 . ! = P 5

4k²²s-q k-³qr {kk^a èiîñ r³ p⁰ ^i 3{²-éú ^~i 0k⁻²p³{ {kk^aú s⁻k⁻²s[^]{² q⁰ q⁰ i
rk^{^02} rk[^]{²rù N{kk^a is⁻0ik⁰ s⁻²k⁰p^k0k 1s²r rk[^]{²r» {kk^a ^~i ^ppkg² 2rk {s, k⁻ p³ a² q⁰
ÏÈ } s{s⁰-^ak⁰ a{k s⁻ 2rk QÙNÙ

? 00k 2r ^~ È i sppk⁰k⁻² {kk^a is⁻0ik⁰ r[^], k fkk⁻ sik⁻²sÀkiù Prk } 0⁻² g⁰ } } 0⁻ ^0k
s⁻ 0 } ~s[^]ú ~^0g⁰{k^a»ú 0k⁻²{k⁻ {kq⁻»~i00 } k ^~i {kk^a ^a~k[^]ú M N²0k⁻

Restless legs syndrome

Jk⁰ a{k 1s²r 0k⁻²{k⁻ {kq⁻»~i00 } k èM=Né pkk{
3~g⁰ } p⁰2[^]f{k ^~i 3~k²²{k i fkg^{^3}-k 0VÑ k⁰ a{k
2r⁰ 3qr p^{^0} pk¹ k⁰ ^0k is[^]q~0⁻kiù N{kk^a ^a~k[^] r[^]
fkk⁻ {s~zki ²0 rsqrk⁰ 0^{^2}k⁻ 0pù

- 6~Á[^] } } ^2s⁰~
- , k^a0k⁻ s⁰~

Nothing to do

0⁻ 0 } ~s[^] zkk⁻ k⁰ {k ^1 ^zk 0 {kk^as~q À²p³{ {»ú
fk[^] i⁰~q ²0 i[^]»2s } k i00 1⁻s~k⁻ ^~i g^{^3}~s~q } k } 00»
^~i g⁰q~s², k^a00f{k } ò

! f⁰ 3² r[^] p⁰ a{k⁰ a{k s~ 2rk QÙNÙ k⁰ a{k0sk~gk⁻ r⁰ 2⁰î
2k⁰ } s⁻ 0 } ~s[^]ú * r⁰ 0~sg s⁻ 0 } ~s[^] ^ppkg² îě ²0 ÉÈě 0p
2rk^a 0^a 3[^]2s⁰~ù Jk⁰ a{k 1s²r s⁻ 0 } ~s[^] } ^» r[^], kù

- 5sqr f{00i^a 0k⁻³0k
- N²00zk
- * 000~^0» ^02k0» is⁻k[^]k
- 5k^{^02} p[^]s{³0k

What to do now

6p»⁰ 3² rs~z»⁰ 3² r[^], k ^ {kk^a is⁻0ik⁰ g⁰~⁻³2 1s²r
»⁰ 3⁰ i 0g²0⁰ a⁰0 } a²{»ú 6p»⁰ 3⁰, k fkk⁻ is[^]q~0⁻ki
1s²r 0~kù qk² 1s²r »⁰ 3⁰ i 0g²0⁰ ^f⁰ 3² r⁰ 1² 0 ^i i0k⁻
»⁰ 3⁰ 0s⁻z 0p *V, ù

00i^a 0k⁻³0k
ttack
^s{³0k

300 } 00ks~p⁰ } ^2s⁰~ ^f⁰ 3² {kk^a is⁻0ik⁰ ús~g{³ is~q² rks⁰ ~» } a²0 } ò , s⁻2