

Sensory Stimuli and the Restless Legs Syndrome

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LETTER TO THE EDITOR

We read with interest the recent study, "Effect of Sensory Stimuli on Restless Legs Syndrome: A Randomized Crossover Study" by Rozeman et al.¹

Their observations are consistent with our two, recently published, prospective, randomized, double-blind, parallel design clinical trials.^{2,3} In these trials treatment consisted of patients placing a vibrating pad (Sensory Medical, Inc., San Clemente, CA) under their thigh or calf, in bed, at the time of an RLS attack. Sleep improvement was significantly greater for patients assigned a vibrating pad than those assigned a sham pad² and was not significantly different than improvement from FDA-approved RLS drugs.³

Vibration provides a counterstimulus during an RLS attack. However, unlike patient-applied counterstimulation—such as leg rubbing and twisting, standing, or walking—vibration is compatible with sleep.

It appears that sensory input therapies may play a future role in the relief of RLS symptoms.

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DISCLOSURE STATEMENT

Dr. Burbank is the Chairman of the Board of Directors of Sensory Medical, Inc. and a minority shareholder. Dr. Buchfuhrer is a consultant to and a minority shareholder in Sensory Medical, Inc.

CITATION

Burbank F, Buchfuhrer MJ. Sensory stimuli and the restless legs syndrome. *J Clin Sleep Med* 2014;10(12):1363.

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