

Web Watch

F.B. Consens

Sleep Disorders Center, 8D8702 University Hospital -0117, 1500 E. Medical Center Drive, Ann Arbor, MI 48109-0117, USA

The enormous amount of information offered to patients and clinicians through the World Wide Web may become overwhelming for some of us. Web Watch offers a review and summary of the major sites on the Internet related to sleep disorders. In this issue we will address sites that focus on one topic in particular, the Restless Legs Syndrome (RLS).

Restless Legs Syndrome Foundation (URL: <http://www.rls.org/>)

The Restless Legs Syndrome Foundation is a non-profit agency that provides information about RLS, helps develop support groups, supports research, and educates physicians and patients about RLS.

This site offers the most comprehensive information on this syndrome. For patients, it allows downloading of reprints of *Living with Restless Legs* in English, Dutch and Japanese, provides contacts for support groups by region and lists regional educational programs. The site also contains chat groups, access to a newsletter and links to RLS on the news.

This web site also offers a 20 page Medical Bulletin, updated April 1999, that can be downloaded in full text format. It has a section on research programs, which includes information on the process for research grant application, a summary of the research grants that the RLS Foundation currently funds and a section on patient recruitment (which includes a summary of research subjects wanted).

Web links, as well as books and CME links are posted.

Movement disorders (URL: <http://www.wemove.org>)

The WE MOVE site provides resources for patients and their families seeking information and support in regards to movement disorders. In addition, in a separate section under information for medical professionals, the site offers information, educational tools, and research news for physicians. While exploring this section, a window will warn users that the information is intended for health care professionals.

In addition to multiple other movement disorders, the site has a very nice and comprehensive section on Restless Legs Syndrome. Under additional findings associated with Restless Legs Syndrome, WE MOVE includes a section on periodic limb movements in sleep.

It offers easy access to other advocacy and organizations, meeting events for patients and clinicians and an excellent linkage library.

Medline (URL: <http://www.nlm.nih.gov/medlineplus/restlesslegs.html>)

This site offers facts about Restless Legs Syndrome from the National Heart, Lung, and Blood Institute and the National Institute of Neurological Disorders and Stroke that can be printed.

Links to the sites mentioned above are part of their main page.