

## **Restless legs syndrome among 3-6 year-olds living in Georgia**

**Sofia Kasradze<sup>1</sup>, Lia Maisuradze<sup>2</sup>, Tamar Ediberidze<sup>1</sup>**

<sup>1</sup>Institute of Neurology and Neuropsychology, Tbilisi, Georgia

<sup>2</sup>Ilia State University, Tbilisi, Georgia

### **Introduction**

Restless legs syndrome (RLS) associated with sleep disturbances is often found among children. Although there are some parental questionnaires on RLS, these instruments have not been able to effectively detect RLS in this population, this is why RLS is often undiagnosed in children.

### **Objectives**

This pilot study sought to estimate RLS symptoms and sleep-related problems in children using an adapted Pediatric Sleep Questionnaire for Parents (PSQP).

### **Methods**

A PSQP of 1 247 outpatient children (804 males, 443 females), aged 3-6 years, was analysed. After admittance to the Institute of Neurology and Neuropsychology (Tbilisi, Georgia) neurological assessments and neuropsychological investigations were performed in all cases within the Georgian State Program "Learning and Developmental Disorders in Children". Following the investigations children were divided into two groups: with learning and developmental disorders (LDD, n=881) and with normal developmental rates (ND, n=366). The comparison of RLS and sleep difficulties was made between these groups.

### **Results**

Overall, main symptom of RLS was identified in 25 children (2%): 5 out of 366 (1.4%) in the ND group and 20 out of 881 (2.3%) in the LDD group. Significant gender difference were not found between the two groups. Sleep problems such as sleep onset difficulty, daytime sleepiness and restricted nocturnal sleep with frequent awakenings, nightmares and sleep-talking were more often related to RLS in the children in the LDD group than in the ND group.

### **Conclusion**

The results of the initial study clearly indicate the necessity of longitudinal investigations concerning the identification of RLS in children, especially those with LDD, as RLS may cause significant negative effect on sleep quality and neurological consequences.