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**Stopping Sleepless Nights: What You Need to Know about Restless Legs Syndrome, a  
Common but Unrecognized Condition**

**By ARA Content**

**Stopping Sleepless Nights: What You Need to Know about Restless Legs Syndrome, a  
Common but Unrecognized Condition**  
by: **ARA Content**

Among the primary symptoms of RLS are:

Compelling or irresistible urge to move the affected limbs (most often the legs);

Uncomfortable (creepy-crawly) sensations deep in the limbs;

The urge to move and the uncomfortable sensations are relieved with movement of the affected limbs;

Symptoms are worse in the evening and at night, especially when the individual is at rest.

Associated features of RLS include:

Sleep disturbance and fatigue;

Family history;

Absence of other conditions known to cause RLS symptoms, such as iron deficiency and pregnancy.

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## **Chronic Fatigue Syndrome And Depression Are Not The Same Thing!**

**By Claire Williams**

## **Chronic Fatigue Syndrome And Depression Are Not The Same Thing!**

by: **Claire Williams**

...and this is perhaps why there are so many myths about it.

But these two conditions are very different!

-----SIDE NOTE-----

If you're depressed, then I urgently recommend that you try a talking therapy of some sort.

To find out what it's like to go through psychotherapy /counselling, visit:

-----SIDE NOTE-----

There are other differences between Chronic Fatigue Syndrome /Fibromyalgia and depression...

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Claire Williams is editor of

and has suffered from Post Viral Fatigue Syndrome/ Chronic

Fatigue Syndrome since 1995.

She created '

' to help Chronic Fatigue Syndrome and Fibromyalgia sufferers to deal with

the condition – from handling their money worries, to recovering from their illness....

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