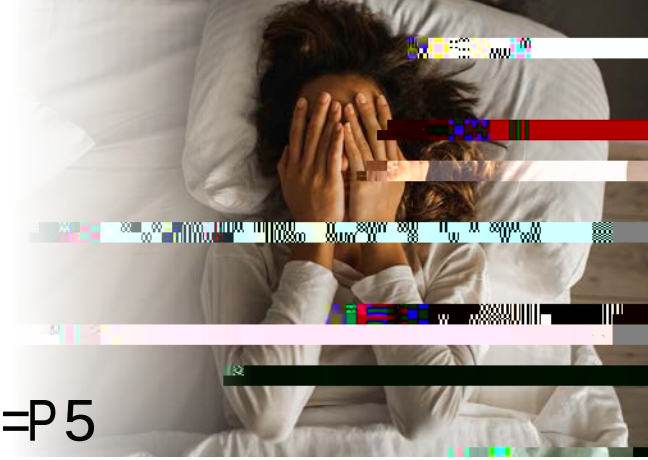




SLEEP DISORDERS

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

4k²²s-q k-³qr {kk^a èiîñ r³⁰-p⁰⁰ ^i 3{²-éú ^~i 0k⁻²p³{ {kk^aú s⁻k⁻²s[^]{²q q⁰⁰i
rk^{^02} rk[^]{²rù N{kk^a is⁻0ik⁰-s⁻²k⁰pk⁰k 1s²r rk[^]{²r» {kk^a ^~i ^ppkg² 2rk {s, k⁻ p³a² q
ÏÈ } s{s⁰-^ak⁰a{k s~ 2rk QÜNÜ

? 00k 2r ^~ ÐÈ isppk⁰k~² {kk^a is⁻0ik⁰-r[^], k fkk~sik~²sÀkiù Prk } 0⁻²g⁰ } } 0~ ^0k
s~⁻0 } ~s[^]ù ~^0g⁰{k^a»ù 0k⁻²{k⁻ {kq⁻»~i0⁰ } k ^~i {kk^a ^a~k[^]ù M N²0k⁻

- 6~Á^ } } ^2s⁰~
- , k^a0k⁻s⁰~

Restless legs syndrome

Jk⁰a{k 1s²r 0k⁻²{k⁻ {kq⁻»~i0⁰ } k èM=Né pkk{
3~g⁰ } p⁰⁰2[^]f{k ^~i 3~k²²{k i fkg^{^3}-k 0VÑ k⁰a{k
2r⁰3qr p^{^0}pk¹k⁰ ^0k is[^]q~0⁻kiù N{kk^a ^a~k[^] r[^]-
fkk~ {s~zki² 0 rsqrk⁰ 0^{^2}k⁻ 0pù

- 5sqr f{0⁰i⁰ a⁰k⁻³0k
- N²00zk
- * 0⁰0~^0» ^0²k⁰» is⁻k[^]k
- 5k^{^02} p[^]s{³0k

What to do now

6p »0³ 2rs~z »0³ r[^], k ^~{kk^a is⁻0ik⁰ú g⁰~⁻³{² 1s²r
»0³ i 0g²0⁰ a⁰⁰0 } a²{»ù 6p »0³ i, k fkk~ is[^]q~0⁻ki
1s²r 0~kù qk² 1s²r »0³ i 0g²0⁰ ^f⁰3² r⁰1² 0⁰ ^i i0k⁻
»0³ 0s⁻z 0p *V, ù

0⁰i⁰ a⁰k⁻³0k
ttack
^s{³0k

30⁰ } 00ks~p⁰⁰ } ^2s⁰~ ^f⁰3² {kk^a is⁻0ik⁰ú s~g{³ is~q 2rks⁰~» } a²0 } ú , s⁻s²