

Forum:[Hack Forums](#)

Thread: [RLS and insomnia](#)

Ha Haaa - May 22, 2017, 12:39 am

So I've self diagnosed my self with Restless Leg Syndrome and insomnia.

My RLS is pretty bad. I can't stop moving my legs and it's so uncomfortable it stops me from falling asleep. When I do fall asleep I wake up 4h later with the same problem and can't get back to sleep. I've tried temazepam, but that does nothing with the insomnia. Weird.

I've tried valium but that only helps my RLS but not the insomnia. The only thing I found that treats both is clonazepam. If I saw a doctor do you think they'll prescribe me some?

My parents don't want me taking there's anymore. Obviously I'm not looking to use them recreationally but for real legit issues.

I'd smoke weed but my job drug tests me, other wise that shit works wonders.

So what do you think? Will my doctor prescribe me clonazepam or think I'm a junkie and tell me to buy over the counter medication. Which I've tried btw but no luck..

Hatah - May 23, 2017, 8:33 am

I have the same issue you have with both of those. Nothing works for me. But I will tell you this. If you go to most doctors and ask for a specific drug they will always assume you are medication seeking.

Ha Haaa - May 23, 2017, 10:03 am

(May 23, 2017 08:33 AM)Hatah Wrote: [\[CITE\]](#) I have the same issue you have with both of those. Nothing works for me. But I will tell you this. If you go to most doctors and ask for a specific drug they will always assume you are medication seeking.

Not really. You're allowed to have a say in what medication you want to take. If nothing over the counter works they aren't just gonna do nothing about it. I don't really care what they give me as long as it works. But I will mention clonazepam since it works. Up to the doctor to decide if it gives me more good than bad.

nick_electro - May 23, 2017, 2:40 pm

self diagnosis is very bad.

i once had diagnosed myself with a fatal heart disease with the help of Dr.Google

Hatah - May 23, 2017, 2:54 pm

(May 23, 2017 10:03 AM)Ha Haaa Wrote: [\[CITE\]](#) Not really. You're allowed to have a say in what medication you want to take. If nothing over the counter works they aren't just gonna do nothing about it. I don't really care what they give me as long as it works. But I will mention clonazepam since it works. Up to the doctor to decide if it gives me more good than bad.

Correct you allowed so say but that doesn't negate the fact they may and I said may assume you are only there seeking medication. I have lived it and my wife is a nurse and I've talked to several doctors about it. But hey I wish you the best. ?

Ha Haaa - May 23, 2017, 3:18 pm

(May 23, 2017 02:40 PM)nick_electro Wrote: [\[CITE\]](#) self diagnosis is very bad.

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You dont need a doctor to diagnose insomnia. It's pretty obvious to tell if you have it.