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Thread: [RLS? \(Restless Leg Syndrome\)](#)

Crimin4L - September 6, 2019, 6:36 pm

Hello HF, I am curious to know how many people know about or have RLS (Restless Leg Syndrome)?

What is RLS? Restless leg syndrome is a disorder of the part of the nervous system that causes an urge to move the legs. Because it usually interferes with sleep, it also is considered a sleep disorder. (Thanks [Google](#))

So about a year ago when I was taking Percocets I tried to stop, just to find out that I have RLS. I went 3 days without sleep and couldn't do anything. I tried every over the counter drug for sleep and nothing. So on the third day someone told me about Kratom, I started taking that for a good 4-5 months and it really helped, but every 4-5 hours I would need to drink a cup of this nasty stuff or my legs would go WILD.

Finally, about 2 months ago I went to a doctor and he as given me Suboxone, and its soo much better now. I can sleep, i can go out without worrying when im going to drink my next cup of kratom, and helped with my anxiety just a little.

So does anyone know my struggle or has even heard about it?

HF.Psych - September 6, 2019, 6:42 pm

So I've been telling people for a long time to drink tonic water, alongside quinine

Dead Presidents - September 6, 2019, 11:32 pm

I had this shit for 2 months straight. The only thing that gave me relief was kratom that i put it in capsules. I didn't want to tell my doctor about my use so i just had him give me gabapentin instead of suboxone which made the other wds better but didn't do much for RLS.

Cooligan - September 6, 2019, 11:50 pm

I can help you with this most likely.

Posting here so I remember to come back and reply when I have more time.
My mother suffers from this so I know about it.

Reply to this so I remember to post back. ?

Dead Presidents - September 7, 2019, 12:12 am

(Sep 6, 2019 11:50 PM)Cooligan Wrote: [CITE](#) I can help you with this most likely.

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RLS from withdrawals is different to regular RLS. Most of the drugs they give (like dopamine agonists) don't treat it. It has to be something that binds to opiate or gaba receptors.

ET_Advice - September 7, 2019, 2:41 am

I don't know if I have this disorder, but if I need to describe it, it's a minor form of that. Just not that 'extreme'

It always annoys my girlfriend when I am shaking my Legs everywhere we sit together and in bed lol... It sounds bad, but it actually isn't.. imo..

Sigma - September 7, 2019, 5:24 am

I have heard of it. My leg constantly moves but has never caused me not to sleep. People have even pointed it out too me.

Cooligan - September 7, 2019, 8:34 am

Oh holy shit brother, yes I know EXACTLY what you're going through.

@Criminal: As sad as it sounds, your RLS sounds like it's not really RLS at all and just opiate withdrawals my friend.

You said it stemmed from taking Percocet right? It sounds to me like you never gave your body a chance to fully withdraw from the opiates that were in you so you switch to Kratom to stop the withdrawals, then you switch to Suboxone once Kratom doesn't help, and now you're "good". That sounds exactly like opiate withdrawals that weren't dealt with when they should've been.

I'm a recovering addict from both heroin and Perc30s; about 9 years now of abuse but I've been clean for about the past 3 and on Suboxone. Reason why I'm almost positive that it's withdrawals for you is because you went from Percs, to Kratom, to Suboxone without any stopping in between, or just not a long enough period of stopping. RLS is one of the MANY opiate withdrawal symptoms but it DOES go away eventually.

AYMG - September 13, 2019, 8:13 am

First time hearing for a syndrome like that.

Could hard exercise help you, trying to make you tired enough so you just fall to bed?