

# Cystic Fibrosis Research News

**Title:**

Restless legs syndrome is prevalent in adults with cystic fibrosis and impacts sleep quality

**Lay Title:**

Restless Legs Syndrome is a common sleep disorder in people with Cystic Fibrosis

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**What was your research question?**

To identify the factors that contribute to poor sleep quality in persons with CF. We hypothesized that Restless Legs Syndrome (RLS) would be more common in PwCFp and be associated with more severe lung disease.

**Why is this important?**

Persons with CF have poor sleep quality.

**What did you do?**

Restless legs syndrome (RLS) is a neurological sleep disorder that causes uncomfortable sensations with urge to move legs, occurs or worsens in the evening or at night, are relieved by movement, and can cause difficulty in initiating and maintaining sleep. RLS is found in about 7-11% of the general population but is more common in those with chronic medical conditions such as iron deficiency anemia, kidney failure, rheumatological arthritis, and COPD. We surveyed both persons with CF and persons without CF using validated sleep quality questionnaires. Most patients were not receiving any RLS treatment.

**What did you find?**



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RLS is more common and more severe in persons with Cystic Fibrosis. Diabetes with elevated blood sugars, use of certain anti-depression medications, low lung function, and poor sleep quality were associated with RLS. Of these factors, higher blood sugars and poor sleep quality were most predictive of development of severe RLS symptoms.

## **What does this mean and reasons for caution?**

Our data shows that RLS is common among persons with CF and contributes to poor sleep quality. This study was limited by use of self-administered questionnaires. In some cases, a sleep study or a consultation with a sleep specialist may be needed to diagnosis RLS.

## **What's next?**

Future studies are needed to identify the best treatment of RLS in persons with CF.

## **Original manuscript citation in PubMed**

<https://pubmed.ncbi.nlm.nih.gov/37973438/>