

The correlation between restless leg syndrome and sleep disorders among hospitalized patients with acute coronary syndrome

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Abstract

Aims: Restless leg syndrome is a sensorimotor disorder characterized by restlessness and irritability in legs mainly during nighttime immobility. It can occur secondary to cardiovascular disease. The aim of this study was to examine the correlation of restless leg syndrome with sleep disorders among hospitalized patients with acute coronary syndrome. **Methods:** This descriptive-analytical study was conducted in 2012. A random sample of 221 patients with acute coronary syndrome was drawn from the coronary care unit of Imam Ali Hospital, Kermanshah, Iran. Sleep disorders and restless leg syndrome were evaluated by using the researcher-made Cardiac Patients' Sleep Disorders Inventory. The SPSS16 was used for data management and analysis. **Results:** The mean of participants' age and the prevalence of restless leg syndrome among them were 61.27 years and 65.1%, respectively. Most of the patients (61.5%) were male. The prevalence of restless leg syndrome among patients with and without sleep disorders was 70.8% and 20%, respectively. Restless leg syndrome was significantly correlated with sleep disorders ($p < 0.001$). **Conclusions:** Restless leg syndrome is rather prevalent among cardiac patients. However, it usually remains undiagnosed and untreated. Consequently, performing diagnostic screening tests for identifying cardiac patients with this syndrome as well as implementing interventions such as muscular relaxation, massage, and sleep promotion techniques for managing it are recommended.