

Restless Legs

DNA Health Report

REPORT CATEGORY —



SLEEP

Sample Client

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

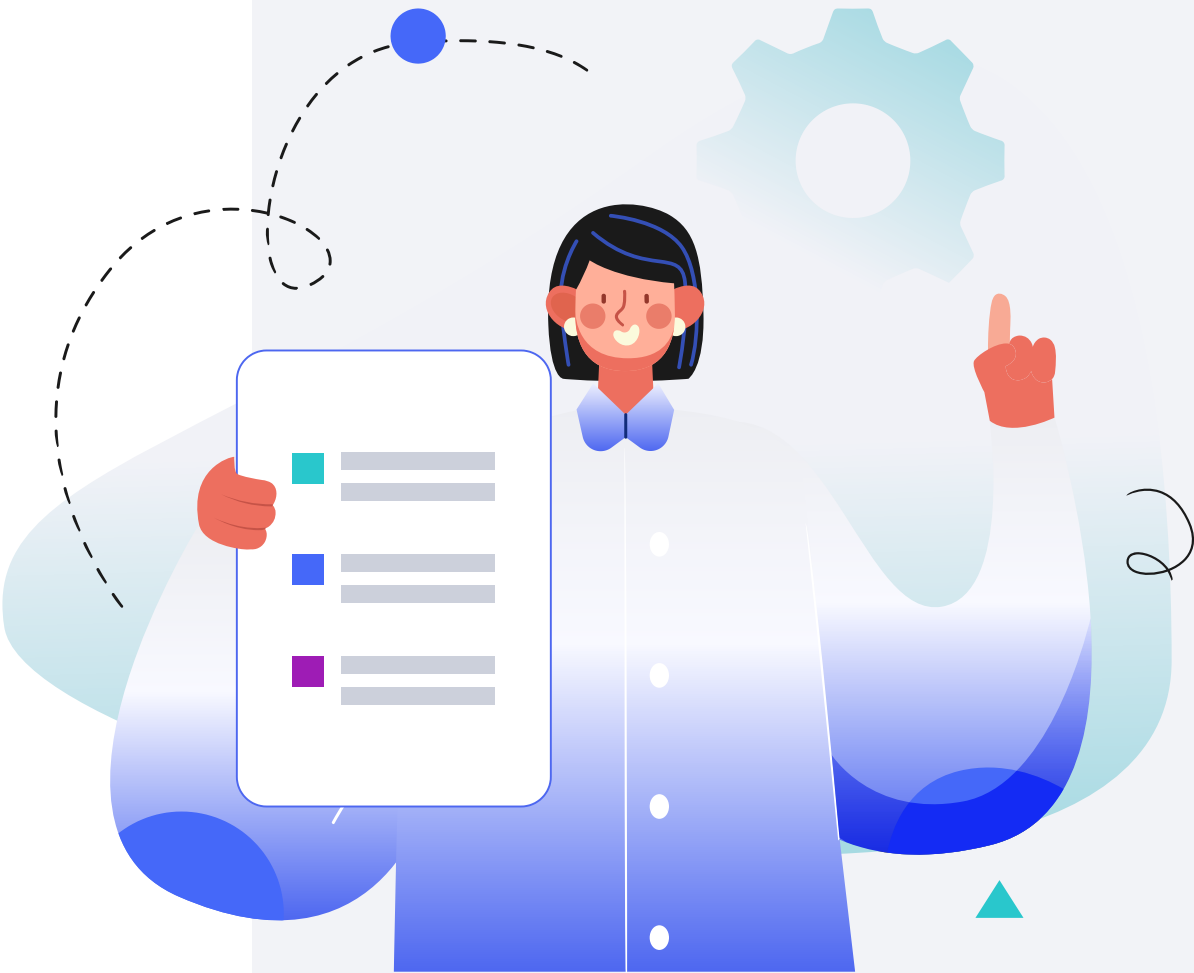
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

If you have restless legs syndrome, staying still can be painful. Even activities such as watching a movie, lying down to sleep, sitting at your desk, driving a car, or flying in an airplane may be stressful, because of the urge to move your legs.

However, you are not alone. Restless legs syndrome is quite common – with 1 in 10 people suffering from the condition, there's a high chance you know someone who has it.

The causes of restless legs syndrome are not completely clear, but we know that the condition has a genetic basis. You are more likely to have it if your family members also have it [\[R, R, R, R\]](#).

In addition, we know that different people experience different symptoms, and what works for one person may not work for another.

If you carry gene variants linked to iron deficiency and metabolism (in [TMPRSS6](#) and [MEIS1](#) genes), it may make sense to pay close attention to your iron levels. Low iron levels have been linked to restless legs syndrome [\[R, R, R, R\]](#).

Similarly, some variants linked to restless legs syndrome may affect dopamine function (e.g., in [BTBD9](#)). Activities like exercise and massage may help with restless legs syndrome by boosting dopamine [\[R, R, R, R\]](#).

Read on to find out more about:

- **How your genetics play a role in restless legs**
- **Personalized recommendations based on your genetics**

Risk Factors And Genetics

Key Takeaways:

- Around **60%** of the differences in people's risk of developing RLS may be due to genetics.
- Other risk factors include iron deficiency, pregnancy, toxicurea levels, and certain medical conditions.
- RLS is fairly common, occurring in about **1 in 10 people**.
- If you have a high genetic risk, your overall risk may be lowered by taking action on risk factors that you can change.
- Click the **Recommendations** tab for potential dietary and lifestyle changes and **next steps** for relevant labs.

Restless legs syndrome (RLS) is a condition that causes an uncontrollable urge to move the legs. It is relatively common - around **1 in 10 people** have it [\[R\]](#).

Experts aren't sure what causes RLS. There is evidence that it may have to do with iron or dopamine levels in the brain [\[R\]](#), [\[R\]](#).

RLS occurs in all age groups. Factors that may raise the risk for RLS include [\[R\]](#), [\[R\]](#):

- Iron deficiency
- Pregnancy
- Toxic buildup of urea in the blood (often found in people with kidney disease)
- Other chronic medical conditions
- **Genetics**

The feelings associated with RLS are described as pulling, creeping, and tugging. Typically, RLS symptoms [\[R\]](#):

- Begin with rest, such as driving or sitting at a movie theater
- Relieve with movement, such as stretching, jiggling the legs, or walking
- Worsen in the evening



TYPICAL LIKELIHOOD

Typical likelihood of restless legs syndrome based on 34 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
GLO1	rs9296249	TT
GLO1	rs9357271	TT
GLO1	rs3923809	GA
MEIS1	rs2300478	TG
SEMA6D	rs111652004	GG
TOX3	rs3104767	GT
CCDC167	rs17636328	AA
MEIS1	rs6747972	GA
HOXB2	rs12450895	AA
PTPRD	rs62535767	CC
PRMT6	rs12046503	TC
ZNF804B	rs10952927	GA
C1D	rs1820989	CA
PIK3R4	rs35987657	AG
PKP4	rs80319144	CT
OPRL1	rs365032	AG
RANBP17	rs10068599	TC
CRBN	rs1848460	TA
SLC40A1	rs10188680	AT
PMAIP1	rs58127855	CC
MEIS1	rs113851554	GG
MAP2K5	rs12593813	AA
PTPRD	rs4626664	GG
PTPRD	rs1975197	GG

- May be associated with limb twitching

If left untreated, RLS may disrupt sleep. This can lead to daytime sleepiness, irritability, or problems at work.

The following lifestyle changes can help improve symptoms [\[R\]](#), [\[R\]](#):

- Exercise
- Massage
- Applying heat using a heating pad or a warm bath
- Avoiding or limiting caffeine, alcohol, and tobacco

Some supplements, like iron, may help people with RLS who have low iron. For severe cases, a doctor may prescribe medications.

Around 60% of the differences in people's risk of developing RLS may be due to genetics. Genes involved with RLS may influence [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Iron metabolism
- Nerve function
- Dopamine activity

GENE	SNP	GENOTYPE
MICALL2	rs112716420	CC
DPH6	rs996064	AA
DCDC2C	rs10208712	GG
DACH1	rs340561	GG
SETBP1	rs12962305	CC

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE			DOSAGE
1	Exercise At Least One Hour a Day	1 hour	2	Strength Training	1 hour
3	Aerobic Exercise (Cardio)	1 hour	4	Dietary Iron	10 mg
5	Yoga	30 minutes	6	Massage	30 minutes
7	Acupuncture	1 hour	8	Near-Infrared Light Devices	10 minutes
9	Compression Therapy		10	Maintain Optimal Vitamin D Levels	1000 iu
11	Aromatherapy	30 minutes	12	Whole-Body Cryotherapy	2 minutes
13	Progressive Muscle Relaxation	10 minutes	14	Lavender Oil Aromatherapy	2 drops
15	Extra Virgin Olive Oil (EVOO)		16	Avoid Arsenic Exposure	
17	Iyengar Yoga	1 hour	18	Magnesium	350 mg
19	Stretching	15 minutes	20	Apply Heat	15 minutes

1



Exercise At Least One Hour a Day

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

Experts recommend exercise to help with symptoms of restless legs syndrome (RLS) [\[R, R, R, R\]](#).

People who are physically active may have a lower risk of developing RLS. Exercise may also help reduce symptoms in people who already have the condition. Types of exercise that may help include [\[R, R, R, R\]](#):

- Aerobic exercise
- Resistance training
- Stretching
- Yoga

Low dopamine levels in the brain may play a role in RLS. Exercise may help by boosting dopamine [\[R\]](#).

2

Strength Training

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Engage in strength training exercises, such as weight lifting or bodyweight exercises, for 60 minutes per session, 2 to 3 times per week. Ensure you work all major muscle groups and rest each muscle group for at least 48 hours before exercising it again.

TYPICAL STARTING DOSE

1 hour

Description

Strength training, also called resistance or *anaerobic* training, contracts the muscles against an external resistance for short periods of time. This helps gain muscle strength, tone, and mass. This can include activities like weight lifting, pushups, and crunches.

Strength training, also known as resistance training, is a type of physical exercise that uses resistance to build strength, anaerobic endurance, and size [R]. Some of the most common strength training methods include [R]:

- Weight lifting
- Bodyweight exercises like push-ups, pull-ups, squats, and lunges.
- Resistance bands
- Plyometrics or explosive force exercises

The benefits of strength training are numerous, and include [R]:

- Increased muscle strength
- Improved bone health
- Reduced risk of injury
- Improved balance and coordination
- Enhanced mood
- Boost metabolism

Consult with a doctor before starting any new exercise program, especially if you have any health conditions.

How it helps

Experts recommend exercise to help with symptoms of restless legs syndrome (RLS) [R, R, R, R].

People who are physically active may have a lower risk of developing RLS. Exercise may also help reduce symptoms in people who already have the condition. Types of exercise that may help include [R, R, R, R]:

- Aerobic exercise
- Resistance training
- Stretching
- Yoga

Low dopamine levels in the brain may play a role in RLS. Exercise may help by boosting dopamine [R].

3



Aerobic Exercise (Cardio)

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Experts recommend exercise to help with symptoms of restless legs syndrome (RLS) [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

People who are physically active may have a lower risk of developing RLS. Exercise (including cardio) may also help reduce symptoms in people who already have the condition. Types of exercise that may help include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Low dopamine levels in the brain may play a role in RLS. Exercise may help by boosting dopamine [\[R\]](#).

4



Dietary Iron

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Incorporate iron-rich foods into your daily meals, such as red meat, chicken, turkey, fish, beans, lentils, tofu, cooked spinach, and fortified cereals. Aim for at least 18 mg of iron per day for adult women and 8 mg per day for adult men. It's also beneficial to pair these foods with vitamin C-rich foods like oranges, strawberries, or bell peppers to enhance iron absorption.

TYPICAL STARTING DOSE

10 mg

Description

Iron (Fe) is an essential mineral. It helps make [hemoglobin](#), a protein that carries oxygen to cells. In this way, iron **increases energy** and supports **brain and immune system function** [\[R, R, R\]](#).

Foods rich in iron include [\[R\]](#):

- Oysters
- White beans
- Beef
- Chocolate
- Spinach
- Fortified cereals

Women should be getting **8-18 mg** of iron per day, while **men** should be getting **8 mg** [\[R\]](#).

Groups at risk of iron deficiency include [\[R\]](#):

- Menstruating women
- Children
- Vegetarians
- Routine blood donors

How it helps

Low iron levels in the brain may play a role in restless legs syndrome (RLS). Experts recommend iron supplements for people with restless legs syndrome (RLS) and iron deficiency [\[R, R, R, R\]](#).

Correcting iron deficiency may help reduce symptoms of RLS [\[R, R, R\]](#).

Please note: *Talk to your doctor before starting iron therapy. It is recommended to test iron and ferritin levels before starting iron therapy for restless legs syndrome.*

 PERSONALIZED TO YOUR GENES

Your ***MEIS1*** gene variant is linked to restless legs syndrome. This gene may affect iron metabolism [\[R, R\]](#). Take special care to maintain healthy iron levels.

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
MEIS1	rs2300478	TG	

5



Yoga

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Experts recommend exercise to help with symptoms of restless legs syndrome (RLS) [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

People who are physically active may have a lower risk of developing RLS. Exercise may also help reduce symptoms in people who already have the condition. Yoga is among the types of exercise that may work [\[R\]](#), [\[R\]](#), [\[R\]](#).

Low dopamine levels in the brain may play a role in RLS. Exercise may help by boosting dopamine [\[R\]](#).

6



Massage

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Schedule a massage session, ideally with a licensed therapist, for 30-60 minutes, once a week. Choose a type of massage that suits your specific needs, such as Swedish for relaxation or deep tissue for muscle tension.

TYPICAL STARTING DOSE

30 minutes

Description

Massage therapy involves the manipulation of soft tissues to relax muscles, reduce stress, and alleviate pain. It can improve circulation, promote relaxation, and provide relief from various physical and mental health concerns.

If you’ve ever had a professional [massage](#), then you probably know how much good it can do. Massages may help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Pain
- Fatigue

Reflexology is a type of massage. It involves applying pressure to specific parts of your feet or hands. In theory, by pressing on these areas, you can relieve tension from other parts of the body [\[R\]](#).

Acupressure is a similar technique, in which pressure points are used to help with stress and pain [\[R\]](#), [\[R\]](#).

How it helps

Massaging or rubbing the legs can help manage symptoms of restless legs syndrome (RLS) [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Professional massage can also help, either alone or combined with aromatherapy [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Low dopamine levels may play a role in RLS. Massage may help by raising dopamine levels [\[R\]](#).

7



Acupuncture

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Visit a licensed acupuncturist for a session, typically lasting between 30 to 60 minutes, once or twice a week. Depending on your specific condition, a course of treatment might range from a few weeks to several months.

TYPICAL STARTING DOSE

1 hour

Description

Acupuncture is a part of traditional Chinese medicine. It involves inserting thin needles at specific points on the body. People use it to relieve pain and allergies, as well as reduce nausea and improve sleep.

[Acupuncture](#) is a part of traditional Chinese medicine. It involves **inserting thin needles at specific points on the body**. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Relieve pain
- Improve sleep quality
- Relieve allergies
- Reduce nausea

How it helps

Acupuncture may reduce symptoms of restless legs syndrome (RLS). However, the evidence is mixed [\[R\]](#), [\[R\]](#), [\[R\]](#).

Some experts think there is not enough evidence to recommend acupuncture for RLS [\[R\]](#), [\[R\]](#).

Acupuncture may help by affecting nerves involved in RLS [\[R\]](#).

Please note: *Acupuncture is safe for most people. However, it may come with extra risks for pregnant women, people with pacemakers, and people with bleeding disorders. Consult your doctor or a licensed acupuncturist for more information* [\[R\]](#).

8



Near-Infrared Light Devices

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Use a near-infrared light device for about 10-20 minutes per session, aiming the light directly at the area of your body you wish to treat. Do this 2-4 times a week consistently. It's important to use the device in a well-ventilated area and protect your eyes from direct exposure to the light during the session.

TYPICAL STARTING DOSE

10 minutes

Description

Near-infrared light devices are non-invasive tools that emit low-energy, near-infrared light to penetrate the skin and stimulate cellular activity, potentially aiding in tissue repair, pain management, and improved circulation.

Near-infrared light devices use light with a specific wavelength to improve [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Certain eye conditions
- Skin appearance
- Restless legs syndrome

How it helps

Near-infrared light devices may improve symptoms of restless legs syndrome. Studies show that near-infrared light applied 3 times a week for 4 weeks may help [\[R\]](#), [\[R\]](#), [\[R\]](#).

9



Compression Therapy

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Wear compression stockings or sleeves daily, especially during long periods of standing or sitting. Choose a compression level appropriate for your condition (mild, moderate, or high), as advised by a healthcare professional. Start wearing them in the morning before swelling occurs and keep them on until bedtime.

Description

Compression therapy involves wearing specialized garments that apply pressure to the limbs, promoting better circulation and reducing swelling. It is commonly used to manage conditions like venous disorders and can help alleviate symptoms, improve vascular health, and enhance overall well-being.

In compression therapy, different methods are used to apply pressure to the legs. These methods include [\[R\]](#):

- Bandages
- Wraps
- Compression stockings
- Pneumatic pressure devices

Compression therapy supports blood flow. It may help [\[R, R, R\]](#):

- Prevent blood clots and deep vein thrombosis (DVT)
- Reduce some kinds of swelling
- Reduce symptoms of restless legs syndrome

How it helps

Pneumatic compression devices may improve symptoms of restless legs syndrome [\[R, R, R\]](#).

Some experts recognize compression devices as safe and effective for restless legs syndrome [\[R\]](#).

10



Maintain Optimal Vitamin D Levels

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R\]](#), [\[R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

A meta-analysis of 36 studies and 9590 participants found that people with restless leg syndrome have lower (by 3.39 ng/mL) vitamin D levels [\[R\]](#).

11



Aromatherapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Select essential oils like lavender, peppermint, or eucalyptus. Use a diffuser to disperse the scent into your room for 30-60 minutes at a time, up to 3 times a day. Alternatively, apply a few drops diluted in a carrier oil directly to your skin, such as on your temples or wrists, twice a day.

TYPICAL STARTING DOSE

30 minutes

Description

Aromatherapy is a holistic practice that uses the scents and aromas of essential oils to promote physical, mental, and emotional well-being. It is often used for relaxation, stress reduction, and to address various health concerns through inhalation or topical application of essential oils.

Aromatherapy uses concentrated plant extracts known as **essential oils**. They can be inhaled using a diffuser (a device that releases small amounts of oil into the air) or applied to the skin using a roller [\[R\]](#).

[Lavender](#) is a decorative flower and a calming herb and its essential oil is commonly used in aromatherapy. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce anxiety [\[R\]](#)
- Improve sleep quality [\[R\]](#), [\[R\]](#)
- Relieve pain [\[R\]](#), [\[R\]](#)

Essential oils can be harmful if not used properly. Tips for using them safely include [\[R\]](#), [\[R\]](#):

- Diluting them properly using a plant-based carrier oil (such as olive oil or almond oil)
- Using diffusers in a well-ventilated area for a maximum of 1 hour
- If using on the skin, testing a small area first and waiting a day before using more
- Keeping essential oils away from candles or other heat sources

How it helps

In a non-placebo-controlled trial of 42 hemodialysis patients with RLS, receiving aromatherapy massage with lavender oil for 4 weeks reduced symptom severity [\[R\]](#).

12



Whole-Body Cryotherapy

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Participate in whole-body cryotherapy sessions by entering a cryotherapy chamber for 2-3 minutes, where temperatures drop to between -100°C to -140°C (-148°F to -220°F). These sessions should be performed 2-3 times a week for optimal benefits.

TYPICAL STARTING DOSE

2 minutes

Description

Whole-body cryotherapy involves brief exposure to extreme cold temperatures in a controlled chamber. It is used to reduce inflammation, alleviate muscle soreness, and promote recovery in athletes and individuals seeking pain relief.

How it helps

Whole-body cryotherapy at -60°C improved restless leg syndrome symptoms and quality of life in a trial of 35 patients. Local cryotherapy showed some benefits, while -10°C had limited effects [\[R\]](#).

Whole-body cryotherapy may help by reducing inflammation and improving blood circulation.

Please note: *Rapid cold exposure can cause life-threatening changes to your breathing and heart rate. This is called the cold-shock response. Be cautious of any form of sudden temperature change to your environment, especially if you have heart disease or other health conditions [\[R\]](#).*

13



Progressive Muscle Relaxation

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Set aside at least 10-15 minutes daily in a quiet, comfortable spot where you won't be disturbed. Start by tensing the muscles in your feet for 5 seconds, then relax for 30 seconds, and progressively work your way up through the major muscle groups of your body, tensing then relaxing each for 5 and 30 seconds respectively.

TYPICAL STARTING DOSE

10 minutes

Description

Progressive Muscle Relaxation is a relaxation technique involving the systematic tensing and releasing of muscle groups to reduce muscle tension, stress, and anxiety. Regular practice can lead to improved physical and mental relaxation.

Progressive muscle relaxation is a relaxation technique focused on releasing muscle tension. In this technique, you focus on tensing and relaxing different parts of your body, one after the other, to relieve stress [R](#), [R](#)].

It is common to start with the toes and slowly work your way up to the neck and head. Try to focus on a single muscle group at a time (for example, the calf muscles). Tense these muscles for 5-10 seconds, then relax for 20-30 seconds before moving on to the next muscle group [R](#), [R](#)].

How it helps

Progressive muscle relaxation calms your body by tensing and then releasing each muscle group, which may help alleviate Restless Legs Syndrome symptoms. It could potentially reduce the discomfort and urge to move your legs by promoting overall relaxation.

In a non-placebo-controlled trial of 52 pregnant women with RLS, practicing progressive muscle relaxation (3x/week) for 8 weeks alleviated RLS intensity and improved quality of life and sleep [R](#)].

14



Lavender Oil Aromatherapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Place 2-3 drops of lavender essential oil in a diffuser filled with water. Use the diffuser in your bedroom or workspace for 30-60 minutes, especially before bedtime or during periods of stress.

TYPICAL STARTING DOSE

2 drops

Description

Lavender oil aromatherapy involves inhaling the soothing scent of lavender essential oil. It is used to promote relaxation, reduce anxiety, and improve overall mental well-being.

How it helps

In a non-placebo-controlled trial of 42 hemodialysis patients with RLS, receiving aromatherapy massage with lavender oil for 4 weeks reduced symptom severity [\[R\]](#).

Lavender oil aromatherapy can help soothe muscles, promote relaxation, and reduce anxiety, all of which can indirectly help to alleviate symptoms of restless legs syndrome.

15



Extra Virgin Olive Oil (EVOO)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate 1-2 tablespoons of extra virgin olive oil into your daily diet. Use it as a dressing for salads, vegetables, or incorporate it into cooking, but avoid using it at high temperatures to preserve its health benefits.

Description

Extra virgin olive oil is a high-quality olive oil obtained from the first pressing of olives. It is rich in monounsaturated fats and antioxidants, like polyphenols, and is associated with various health benefits, including heart health and anti-inflammatory properties.

[Olive oil](#) is fat from the olive, a traditional tree of the Mediterranean Basin [\[R\]](#).

Olive oil has anti-inflammatory and antioxidant properties. It may also reduce the risk of [\[R\]](#), [\[R\]](#):

- Heart disease
- Diabetes
- Cancer

Olive oil is also the primary fat source in the [Mediterranean diet](#), which may improve brain and heart health [\[R\]](#).

How it helps

Extra virgin olive oil, rich in polyphenols and monounsaturated fats, can help improve blood circulation and reduce inflammation in your body, potentially easing the symptoms of Restless Legs Syndrome. Moreover, by contributing towards healthier nervous system functioning, it might indirectly help manage this condition.

In a [placebo-controlled trial of 60 patients with uremic restless legs syndrome](#), massaging each leg with 10 mL olive oil for 5 min **reduced symptom severity** [\[R\]](#).

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Avoid Arsenic Exposure

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Use a water filter certified to remove arsenic if you rely on well water, opt for arsenic-tested rice or rice products, and avoid using contaminated pesticides or herbicides in gardening or farming. Test your home for arsenic if you live in an area known for high levels of arsenic in soil or water. Limit consumption of foods known to accumulate arsenic such as rice and rice-based products, especially if you are pregnant, nursing, or preparing meals for young children.

Description

Avoiding arsenic exposure is essential for preventing potential health risks associated with arsenic contamination in drinking water and foods. Chronic exposure to arsenic has been linked to various health issues, including cancer and cardiovascular problems.

Arsenic is a [heavy metal](#) naturally found in the environment. It is used for mining, fracking, and industrial applications, such as the production of pesticides and wood preservatives, and the use of fossil fuels [\[R\]](#).

The main sources of exposure to arsenic are contaminated [\[R\]](#), [\[R\]](#), [\[R\]](#):

- **Drinking water**
- **Rice** and fish
- Air

Long-term exposure to high amounts of arsenic may be linked to health problems, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Skin disorders
- Heart disease
- High blood pressure
- Stroke
- Diabetes
- Cancer

Please note: *Soaking, washing until clear, and cooking rice with a high (1:6) water-to-rice ratio may help reduce rice’s arsenic content* [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

A study of 5,563 participants associated high levels of urinary arsenic with wake-up at night and leg jerks while sleeping [\[R\]](#).

Arsenic is a neurotoxin that can cause nerve damage, resulting in worsened symptoms of restless leg syndrome.

17



Iyengar Yoga

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Attend a 90-minute Iyengar yoga class at least once a week. Choose a class led by a certified Iyengar yoga instructor to ensure proper guidance and technique adherence.

TYPICAL STARTING DOSE

1 hour

Description

Iyengar yoga is a style of yoga that emphasizes proper alignment and the use of props to support poses. It can help improve flexibility, balance, and mental well-being through precise and controlled movements.

How it helps

In an uncontrolled trial of 10 women with moderate to severe RLS, practicing Iyengar yoga for 8 weeks strikingly reduced RSL symptom severity, while improving perceived stress, sleep, and mood [\[R\]](#).

18



Magnesium

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take up to 350 mg of magnesium daily as a supplement, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

350 mg

Description

Magnesium is an essential mineral involved in various bodily functions, including muscle contractions, nerve signaling, and bone health. Maintaining adequate magnesium levels through diet or supplements can support overall well-being and reduce the risk of magnesium deficiency-related health issues.

[Magnesium](#) is an essential mineral. Your body needs it for [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Muscle, nerve, and bone function
- Blood sugar and blood pressure control
- DNA and protein production
- Strong immunity

Women need **310-320 mg** of magnesium per day, while men need **400-420 mg** [\[R\]](#).

Foods rich in magnesium include **nuts, seeds, and leafy greens**. Magnesium is also available as a supplement [\[R\]](#).

How it helps

Magnesium can have a muscle relaxant effect, which might be beneficial in alleviating the sensations of restless legs. It is believed to help improve sleep quality as well.

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Stretching

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate stretching exercises into your daily routine, dedicating at least 10-15 minutes each day. Focus on major muscle groups such as the neck, shoulders, chest, back, hips, and legs. For best results, stretch both before and after other physical activities, holding each stretch for 15-30 seconds without bouncing.

TYPICAL STARTING DOSE

15 minutes

Description

Stretching involves gently elongating the muscles to improve flexibility, reduce muscle tension, and enhance joint mobility. Regular stretching can help prevent injuries, promote better posture, and increase overall physical comfort.

Stretching is a form of physical exercise that involves moving a muscle or group of muscles to their maximum range of motion. The most common types are **dynamic** (involving movement) and **static** stretching.

Stretching can help **improve flexibility, range of motion, and posture**. It may also relieve stress, reduce muscle soreness and tension, increase blood flow, and reduce the risk of injuries.

To get the most out of stretching, try to do it regularly, breathe deeply, and ease into the stretches.

How it helps

Consistent stretching exercises can help alleviate muscle tension and symptoms.

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Apply Heat

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Place a warm, not hot, heating pad or a warm wet towel on the affected area for 15-20 minutes at a time. Do this several times a day, ensuring there's at least a 1-hour interval between sessions to avoid skin damage.

TYPICAL STARTING DOSE

15 minutes

Description

Applying heat, such as through heating pads or warm baths, can help relieve muscle tension and soothe pain. It is a common method for managing muscle aches, menstrual cramps, and minor injuries.

People use hot applications to relieve pain, improve blood flow, and more [\[R\]](#), [\[R\]](#).

Types of hot applications include [\[R\]](#), [\[R\]](#):

- Heating pads
- Hot baths
- Saunas
- Hot water bottles

How it helps

Using heat can relax muscles and may relieve sensations associated with restless legs.

Next Steps

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

	Ferritin	102.2 ng/mL		9 Nov 2025
	Vitamin B12	687 pg/mL		9 Nov 2025
	Vitamin D, 25-Hydroxy, Total	58.59 ng/mL		9 Nov 2025
	Iron	228 mcg/dL		9 Nov 2025