

Treatments for Periodic Limb Movement Disorder (PLMD)

What can I do to treat my PLMD?

Practice good sleep hygiene

It is especially important that children and adolescents with Periodic Limb Movement Disorder (PLMD) maintain good sleep hygiene. **Sleep hygiene** refers to habits that you maintain to get good quality sleep. This includes getting enough sleep and keeping a regular sleep schedule.

Avoid caffeine

Caffeine can make PLMD symptoms worse. Caffeine can be found in many sodas, tea, and coffee, as well as some medicines such as Excedrin.

Treat iron deficiency

If a blood test shows low iron (ferritin level <50), then iron supplements are usually recommended. The amount of iron in these supplements is typically more than that in a regular multivitamin, and several months of treatment are often needed to increase your ferritin level. Your doctor may recommend an iron supplement that also includes vitamin C. Vitamin C will increase your iron absorption.

Some children develop constipation with iron supplements. Pay attention to your child's diet. Increasing high fiber foods and increasing fluids will help with constipation. Your child may also occasionally need a stool softener.

Consider medication: For children and adolescents with PLMD whose sleep is very disrupted, medication may be recommended. There are a number of different types of medications that can help. Your doctor can discuss these with you.

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