

„Find an expert to improve your sleep“



EUROPEAN ALLIANCE FOR RESTLESS
LEGS SYNDROME (EARLS)

Issue

- Restless Legs Syndrome (RLS) is a common and treatable disorder of the nervous system.
- Typically, the symptoms occur in the evening, at night or in resting situations.
- Chronic lack of sleep and fragmented sleep mayReduced sleep efficiency and sleep interruptions may result in relevant limitations of life quality.
- The prevalence of RLS in the general population of industrialized countries (EU, USA) is 2.5 % to 10.8 %.*
- Many doctors are not familiar with the disease.

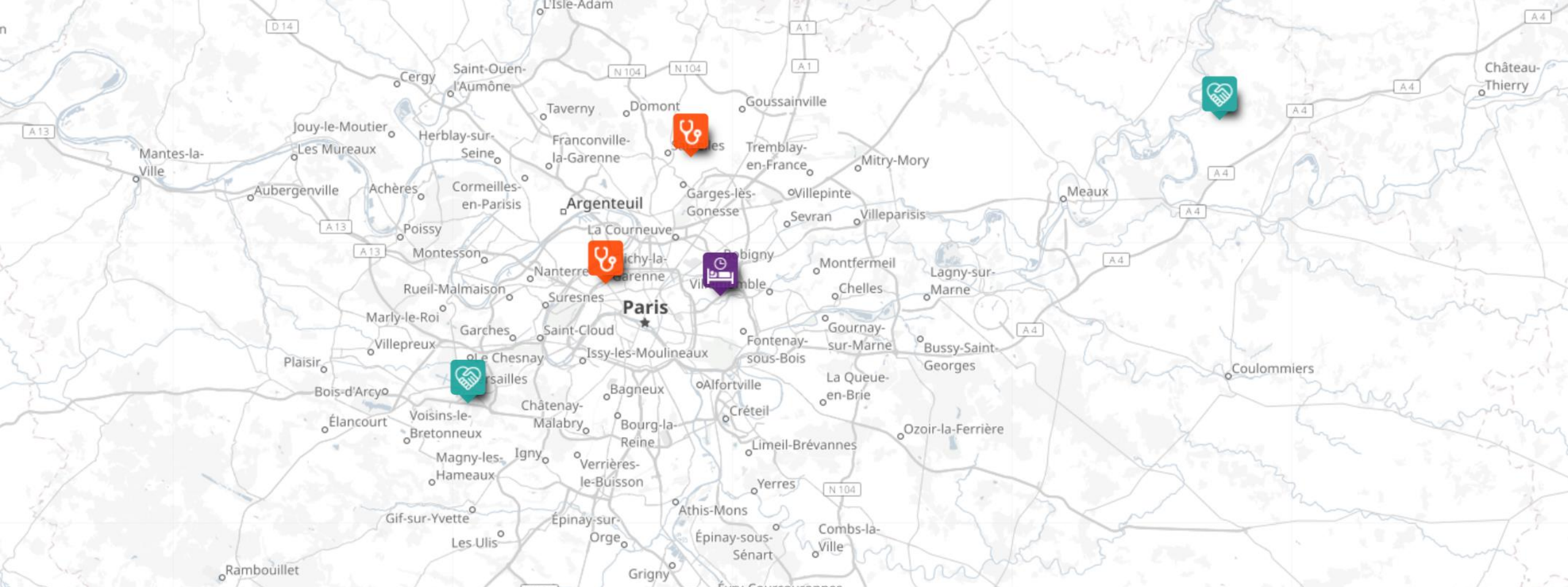
* Source: Garcia-Borreguero, D: Epidemiology of restless legs syndrome: the current status. Sleep Med Rev. 2006 Jun;10(3):153-67., Journal: SLEEP MEDICINE REVIEWS, Issue 10 (2006), Pages: 153-167.





Goal

Give those affected with RLS throughout Europe the opportunity to find support in their region. Through therapy, a qualified diagnosis in the sleep laboratory or through the exchange with other affected persons, the sleep and thus the quality of life of people with RLS can be relevantly improved in the long term.

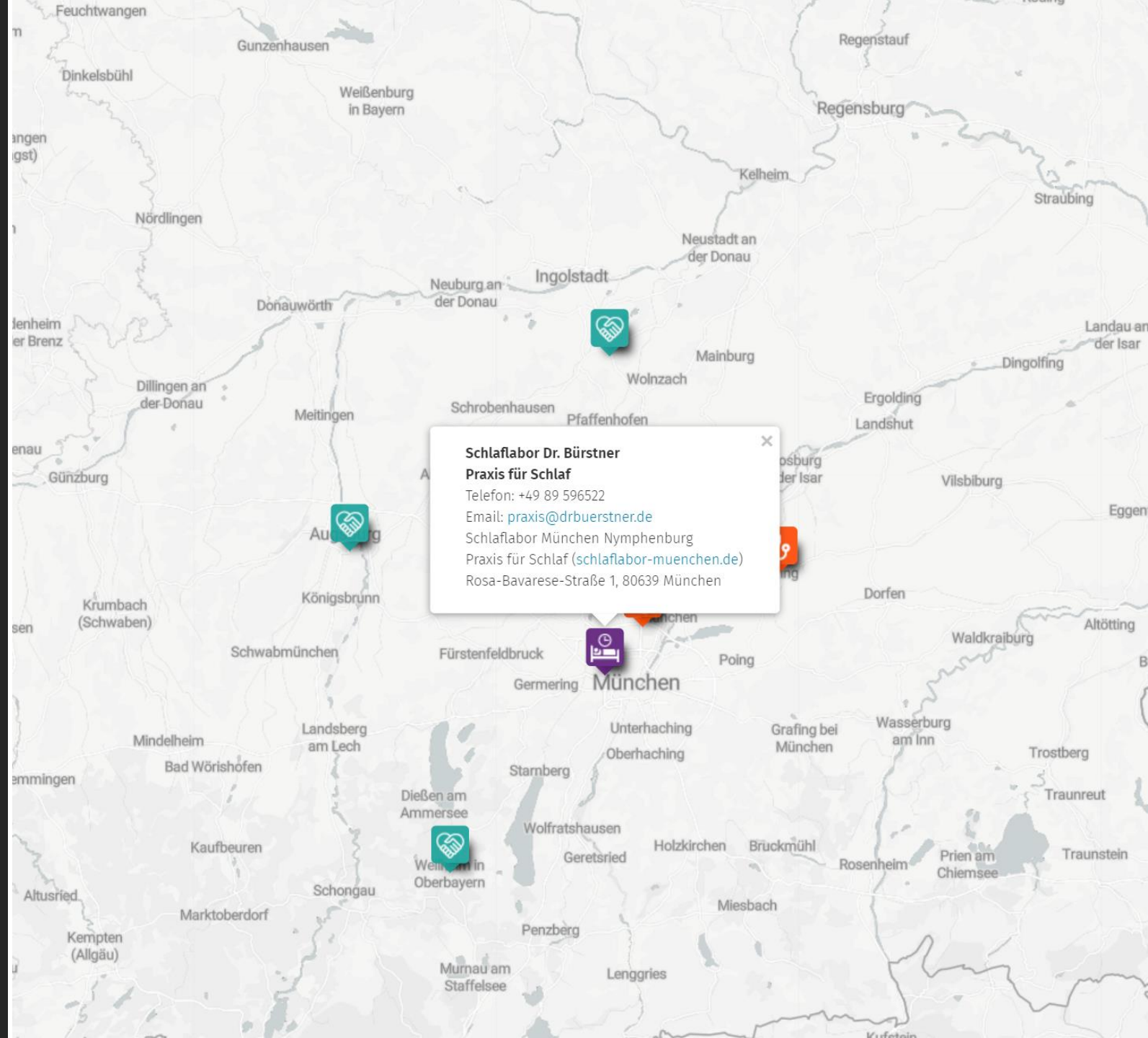


Idea “Expert Finder”

An interactive map showing recommended doctors for RLS treatment, sleep labs and RLS support groups collected together - in all EARLS member countries.

Description

- The search function allows the affected people to enter their region, and the map shows the hits in the nearby area.
- Doctors, sleep labs and self-help groups appear in different icons and colors.
- If a hit is clicked on, the contact window opens.
- The map shows doctors who are recommended by RLS patients as competent practitioners. In this way, those affected are actively involved in the project.
- Each EARLS member organization embeds or links to the map on its website.
- The map works in the local language.
- Affected people are invited to share their recommendations on the Expert Finder website.



Who benefits from the Expert Finder?

1. **RLS patients** who are looking for support and therapy options to reduce their suffering due to the disease and to sleep better at night.
2. Doctors, sleep labs, and self-help groups that help affected people and are made visible through the Expert Finder.
3. Relief for the volunteers who put a lot of time and effort into the individual requests for help.

Challenges

- The project is organized from Germany for all EARLS member countries.
- Consent forms are obtained from all doctors, sleep laboratories and self-help groups to publish their contacts.
- The map will be updated continuously. Affected individuals can share their recommendations and provide feedback.
- The quantity and the quality of the international data depend strongly on the good cooperation of the organizations and affected persons.
- In order for the map to be regularly updated and user feedback to be processed, permanent resources are required for the project.

How we involve those affected

- Call to patient organizations throughout Europe to provide us with contact **data?**
- Test run of the "Expert Finder" with stakeholders, optimization according to feedback before launch.
- Continuous invitation on the "Expert Finder" website to give feedback and report new contacts.





Let's find an expert to improve your sleep!

European Alliance for Restless Legs Syndrome (EARLS)