

Restless leg syndrome more common in psoriasis patients

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Restless leg syndrome (RLS) is more common in psoriasis patients and is

associated with more severe psoriasis, according to a study published online Dec. 5 in the *International Journal of Dermatology*.

Berna Solak, M.D., from Sakarya University in Adapazarı, Turkey, and colleagues conducted a cross-sectional study to examine whether psoriasis is associated with RLS. The study included 70 psoriasis patients and 70 controls without any skin disorder.

The researchers found that the frequency of RLS was 18.6 and 5.7 percent in patients with psoriasis and controls, respectively. Body mass index (BMI), Dermatology Life Quality Index (DLQI), International RLS Rating Scale (IRLSRS), hemoglobin, ferritin, C-reactive protein (CRP), and uric acid levels were significantly higher in psoriasis patients than controls.

The Psoriasis Area and Severity Index (PASI), DLQI, Pittsburgh Sleep Quality Index, IRLSRS scores, CRP levels, and BMI were significantly higher in psoriasis patients with RLS compared with psoriasis patients without RLS, and hemoglobin level was significantly lower. The only independent associate of RLS presence in psoriasis patients was PASI score.

"The association of psoriasis and RLS might be owing to increased systemic inflammation frequently seen in [psoriasis](#) patients," the authors write.

More information: Berna Solak et al, Restless legs syndrome in patients with psoriasis: association with inflammation and sleep quality, *International Journal of Dermatology* (2022). [DOI: 10.1111/ijd.16532](https://doi.org/10.1111/ijd.16532)

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