

**NEWS RELEASE – FOR IMMEDIATE DISTRIBUTION**

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**neuroscienceCME.com Releases New Restless Legs Syndrome Clinical Overview**  
*Sleep and Wake Medicine Clinical Knowledge Center expanded to cover RLS*

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Rockville, MD— CME Outfitters, LLC, (CMEO) an independent accredited provider of multidisciplinary continuing education programming and related healthcare communications services, announces the release of the new restless leg syndrome (RLS) section at the Sleep and Wake Medicine *Clinical Knowledge Center* on its flagship professional website, **www.neuroscienceCME.com**. This latest educational update is offered as a complimentary service to the professional community with an interest in sleep-wake medicine.

Restless legs syndrome (RLS) is a sensorimotor disorder characterized primarily by motor restlessness brought on by rest, and accentuated later in the day and during the early night in those with normal circadian activity rhythms. The urge to move is usually accompanied by unpleasant sensations. These paresthesias can range in severity from uncomfortable to irritating to painful.

The most distinctive aspect of RLS is that the symptoms are activated by lying down and trying to relax. As a result, most people with RLS have difficulty falling asleep and staying asleep. Left untreated, the condition causes exhaustion and daytime fatigue. Many people with RLS report that their job, personal relations, and activities of daily living are strongly affected as a result of their exhaustion. They are often unable to concentrate, have impaired memory, or fail to accomplish daily tasks. More information on RLS is available at [http://www.neuroscienceCME.com/resources\\_knowledge\\_rls.asp](http://www.neuroscienceCME.com/resources_knowledge_rls.asp) (free activation required).

Clinical Knowledge Centers form the cornerstone of **neuroscienceCME.com** and provide in-depth treatments of various disease areas related to the neurosciences. Narcolepsy and RLS are currently covered at the Sleep and Wake Medicine *Clinical Knowledge Center*. Previously released *Centers* explore the areas of bipolar disorder, major depressive disorder, schizophrenia, alcohol use disorders, and attention-deficit hyperactivity disorder. Several additional *Centers* are scheduled for rollout in 2007.

All content on **neuroscienceCME.com** *Clinical Knowledge Centers* is independently developed by CMEO in collaboration with CMEO's professional Clinical Review Board. This Board is made up of clinicians, researchers, and educators with expertise in specific areas of the neurosciences. Their editorial and scientific input helps ensure the validity and clinical relevance of each *Center*.

Announcements about new content are provided via the bi-weekly neuroscienceCME *Clinical Compass*™ e-newsletter, which currently has an opt-in subscriber base of over 55,000 healthcare professionals.

CMEO developed **neuroscienceCME.com** to fill an online resource gap identified by clinicians practicing in disciplines related to brain function. The site's primary mission is to be the healthcare professional's central portal for accessing, debating, synthesizing, and implementing the latest findings and best practices in the neurosciences. Resources on the site encourage healthcare providers to **explore** the latest evidence, **connect** with their peers, **apply** education in practice and in virtual case studies, and, through these efforts, **advance** the field and improve patient outcomes.

CME Outfitters develops and distributes live, recorded, print, and web-based educational activities to thousands of clinicians each year and offers expert accreditation services for non-accredited organizations. For a complete catalog of certified activities, please visit **www.cmeoutfitters.com**, **www.neuroscienceCME.com**, or call **877.CME.PROS** (877.263.7767).

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