



CASE STUDY

Restless Legs Syndrome Simulation

Background

Despite many years of research and increasing recognition, restless legs syndrome (RLS) remains a common yet often undiagnosed, neurological disorder. Though seemingly benign, the disease has both consequences and treatments.

The format of the RLS Simulator was designed to convey the impact of RLS symptoms on a patient's life from the first-person point of view. It communicates, among other implications, the exhaustion these symptoms can cause. One reason for this is that RLS often interferes with the patient's ability to sleep.

Objectives

- To establish RLS as a legitimate condition that often presents itself as a sleep disorder.
- To prompt more doctors to ask their patients: "Could it be your legs?"
- To gain a thought leadership role in the development of treatments for RLS and promote new product offerings.



Solution

The RLS Simulator is a portable, immersive, sensory experience that gives doctors a "day in the life" perspective of a patient with restless legs syndrome. An audio-visual first-person narrative is synched alongside simulated RLS sensations delivered through a **state-of-the-art, custom-made, sensory boot**. The first of its kind, this device simulates a composite array of restless legs sensations derived from a compilation of patients' experiences.

As a portable simulation fitting entirely within a rolling flight case, the device is usable on-site where doctors don noise canceling headphones and a head-worn display. A handheld scanner functions as a digital consent form and captures **detailed practical and demographic data**.

In 2007, the simulation operated both in the United States and Europe during a **12-city international tour**. The **flexible-use format**, ranging from three to eight seats, reached **crowds of up to 640 people in a 10-hour day**.

The RLS tour continues in 2008 and is already scheduled to appear at AAFP, ACCP, and Pri-Med East, one of the largest medical conferences in the US.

Further, the simulator is being used to generate press and support efforts to promote a greater awareness of RLS. To these ends, it is receiving wide coverage in the media including national television from **CBS News** to the **NBC Today Show** to **WIRED TV**.

Find clips, articles, and more press by visiting the URL below or by searching *RLS Simulator* on Google.com.