

Effects of progressive muscle relaxation exercises and relaxation music on the severity of restless legs syndrome and sleep quality during pregnancy: A randomized controlled trial

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Abstract

Objective: to investigate progressive muscle relaxation exercises and relaxation music on the severity of restless legs syndrome (RLS) and sleep quality in pregnant women. **Design:** Randomized clinical trial. **Setting:** A university clinic in Turkey. **Population:** 67 pregnant women with RLS. **Methods:** Participants were allocated into three groups; the control group, progressive muscle relaxation (PMR) group and relaxation music (RM) group. The PMR and RM programs were explained to all participants, and the first program was tested under the supervision of the researcher. PMR and RM group participants performed the program daily throughout 4 weeks. Severity of RLS with the International Restless Leg Syndrome Scale (IRLSS) and sleep quality with the Pittsburgh Sleep Quality Index (PSQI) were assessed at baseline, 2 and 4 weeks for all the groups. **Results:** The groups were similar in terms of demographic and clinical characteristics, as well as IRLSS and PSQI scores at baseline. The PMR and RM groups showed significant improvement in terms of IRLSS (severity of RLS) score; the PMR group, however, experienced better alleviation in IRLSS score than the RM group. The PMR and RM groups showed significant improvement in terms of PSQI (sleep quality) score; however, there was no statistical difference, when PMR compared to RM group. **Conclusion:** PMR and also RM as complementary therapies could be used to alleviate the severity of RLS and improve sleep quality during pregnancy. PMR have better improvement in alleviating the severity of RLS.

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