Supplementary Table 1. Summarized diagnostic criteria for Restless Legs Syndrome/Willis Ekbom disease according to the International Restless Legs Syndrome Study Group (IRLSSG).\textsuperscript{1,2}

**Essential criteria:**

- An urge to move the legs usually but not always, accompanied by, or felt to be caused by, uncomfortable and unpleasant sensations in the legs
- The urge to move the legs and the unpleasant sensations begin or worsen during periods of inactivity or rest (lying down or sitting)
- The urge to move and the unpleasant sensations are partially or totally relieved by movement (including stretching or walking) as long as this movement is maintained;
- The urge to move and the unpleasant sensations occur or worsen during rest in the evening or at night
- The so-called “RLS-mimics” (i.e. other medical or behavioural conditions that can mimic RLS symptoms, including venous stasis, leg edema, arthritis, leg cramps, myalgia, habitual foot tapping, or positional discomfort) must be excluded.

**Novelties in updated RLS/WED diagnostic criteria**

- Presence of specifiers both for the clinical course (chronic-persistent vs. intermittent) and for clinical significance of RLS/WED
- Merging of paediatric with adult diagnostic criteria.

**Features supporting the diagnosis of RLS (similar in previous and in updated RLS/WED diagnostic criteria)**

- A family history of RLS/WED in first-degree relatives
- Responsiveness to dopaminergic treatment
- Presence of periodic limb movements -PLMs- while awake -PLMW- or during sleep -PLMS- confirmed by polysomnography or leg activity devices
- Lack of expected daytime sleepiness.
Supplementary Figure 1. Flowchart of study selection

Records identified through database searching (n = 467)

Records after duplicates removed (n = 47)

Records screened (n = 47)

Full-text articles assessed for eligibility (n = 19)

Studies included in the qualitative synthesis (n = 16)

Studies included in the quantitative synthesis (meta-analysis) (n = 16)

Additional records identified through other sources (n = 0)

Records excluded (n = 28)

Full-text articles excluded, with reasons (n = 3)
SUPPLEMENTARY REFERENCES


e35. Loo HV, Tan EK. Case-control study of restless legs syndrome and quality of sleep in Parkinson's disease. *J Neurol Sci.* 2008; **266:** 145-149.


e37. Gama RL, Távora DG, Bomfim RC, Silva CE, de Bruin VM, de Bruin PF. Sleep disturbances and brain MRI morphometry in Parkinson's disease, multiple system atrophy and progressive supranuclear palsy - a comparative study. *Parkinsonism Relat Disord.* 2010; **16:**275-279


<table>
<thead>
<tr>
<th>Section/topic</th>
<th>#</th>
<th>Checklist item</th>
<th>Reported on page #</th>
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</thead>
<tbody>
<tr>
<td>TITLE</td>
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<tr>
<td>Title</td>
<td>1</td>
<td>Identify the report as a systematic review, meta-analysis, or both. (THE META-ANALYSIS IS A LITTLE PART OF A REVIEW)</td>
<td>NA</td>
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<tr>
<td>ABSTRACT</td>
<td></td>
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<tr>
<td>Structured summary</td>
<td>2</td>
<td>Provide a structured summary including, as applicable: background; objectives; data sources; study eligibility criteria, participants, and interventions; study appraisal and synthesis methods; results; limitations; conclusions and implications of key findings; systematic review registration number.</td>
<td>NA</td>
</tr>
<tr>
<td>INTRODUCTION</td>
<td></td>
<td></td>
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<tr>
<td>Rationale</td>
<td>3</td>
<td>Describe the rationale for the review in the context of what is already known.</td>
<td>4</td>
</tr>
<tr>
<td>Objectives</td>
<td>4</td>
<td>Provide an explicit statement of questions being addressed with reference to participants, interventions, comparisons, outcomes, and study design (PICOS).</td>
<td>INCLUDED IN SUPPL.MATERIAL AND TABLE 1</td>
</tr>
<tr>
<td>METHODS</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Protocol and registration</td>
<td>5</td>
<td>Indicate if a review protocol exists, if and where it can be accessed (e.g., Web address), and, if available, provide registration information including registration number.</td>
<td>INCLUDED IN SUPPL.MATERIAL</td>
</tr>
<tr>
<td>Eligibility criteria</td>
<td>6</td>
<td>Specify study characteristics (e.g., PICOS, length of follow-up) and report characteristics (e.g., years considered, language, publication status) used as criteria for eligibility, giving rationale.</td>
<td>5 and SUPPL.MATERIAL</td>
</tr>
<tr>
<td>Information sources</td>
<td>7</td>
<td>Describe all information sources (e.g., databases with dates of coverage, contact with study authors to identify additional studies) in the search and date last searched.</td>
<td>5 AND TABLE 1</td>
</tr>
<tr>
<td>Search</td>
<td>8</td>
<td>Present full electronic search strategy for at least one database, including any limits used, such that it could be repeated.</td>
<td>TABLE 1 AND SUPPL.MATERIAL</td>
</tr>
<tr>
<td>Study selection</td>
<td>9</td>
<td>State the process for selecting studies (i.e., screening, eligibility, included in systematic review, and, if applicable, included in the meta-analysis).</td>
<td>5, TABLE 1, AND SUPPL.MATERIAL</td>
</tr>
<tr>
<td>Data collection process</td>
<td>10</td>
<td>Describe method of data extraction from reports (e.g., piloted forms, independently, in duplicate) and any processes for obtaining and confirming data from investigators.</td>
<td>5 AND SUPPL.MATERIAL</td>
</tr>
<tr>
<td>Data items</td>
<td>11</td>
<td>List and define all variables for which data were sought (e.g., PICOS, funding sources) and any assumptions and simplifications made.</td>
<td>5 AND SUPPL.MATERIAL</td>
</tr>
<tr>
<td>Risk of bias in individual studies</td>
<td>12</td>
<td>Describe methods used for assessing risk of bias of individual studies (including specification of whether this was done at the study or outcome level), and how this information is to be used in any data synthesis.</td>
<td>5 AND SUPPL.MATERIAL</td>
</tr>
<tr>
<td>Summary measures</td>
<td>13</td>
<td>State the principal summary measures (e.g., risk ratio, difference in means).</td>
<td>5 AND SUPPL.MATERIAL</td>
</tr>
<tr>
<td>Synthesis of results</td>
<td>14</td>
<td>Describe the methods of handling data and combining results of studies, if done, including measures of consistency (e.g., i²) for each meta-analysis.</td>
<td>5 AND SUPPL.MATERIAL</td>
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</table>
### RESULTS

<table>
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<tr>
<td>Risk of bias across studies</td>
<td>15</td>
<td>Specify any assessment of risk of bias that may affect the cumulative evidence (e.g., publication bias, selective reporting within studies).</td>
<td>5 AND SUPPL. MATERIAL</td>
</tr>
<tr>
<td>Additional analyses</td>
<td>16</td>
<td>Describe methods of additional analyses (e.g., sensitivity or subgroup analyses, meta-regression), if done, indicating which were pre-specified.</td>
<td>NA</td>
</tr>
<tr>
<td><strong>Study selection</strong></td>
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<tr>
<td>Study characteristics</td>
<td>17</td>
<td>Give numbers of studies screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally with a flow diagram.</td>
<td>5, TABLE 1 AND SUPPL. MATERIAL</td>
</tr>
<tr>
<td>Risk of bias within studies</td>
<td>19</td>
<td>Present data on risk of bias of each study and, if available, any outcome level assessment (see item 12).</td>
<td>6, TABLE 1 AND SUPPL. MATERIAL</td>
</tr>
<tr>
<td>Results of individual studies</td>
<td>20</td>
<td>For all outcomes considered (benefits or harms), present, for each study: (a) simple summary data for each intervention group (b) effect estimates and confidence intervals, ideally with a forest plot.</td>
<td>6, TABLE 3 AND FIGURE 1</td>
</tr>
<tr>
<td>Synthesis of results</td>
<td>21</td>
<td>Present results of each meta-analysis done, including confidence intervals and measures of consistency.</td>
<td>6, TABLE 3 AND FIGURE 1</td>
</tr>
<tr>
<td>Risk of bias across studies</td>
<td>22</td>
<td>Present results of any assessment of risk of bias across studies (see item 15).</td>
<td>6, TABLE 3 AND FIGURE 1</td>
</tr>
<tr>
<td>Additional analysis</td>
<td>23</td>
<td>Give results of additional analyses, if done (e.g., sensitivity or subgroup analyses, meta-regression [see Item 16]).</td>
<td>NA</td>
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<tr>
<td><strong>DISCUSSION</strong></td>
<td></td>
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<tr>
<td>Summary of evidence</td>
<td>24</td>
<td>Summarize the main findings including the strength of evidence for each main outcome; consider their relevance to key groups (e.g., healthcare providers, users, and policy makers).</td>
<td>21</td>
</tr>
<tr>
<td>Limitations</td>
<td>25</td>
<td>Discuss limitations at study and outcome level (e.g., risk of bias), and at review-level (e.g., incomplete retrieval of identified research, reporting bias).</td>
<td>6</td>
</tr>
<tr>
<td>Conclusions</td>
<td>26</td>
<td>Provide a general interpretation of the results in the context of other evidence, and implications for future research.</td>
<td>21</td>
</tr>
<tr>
<td><strong>FUNDING</strong></td>
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<tr>
<td>Funding</td>
<td>27</td>
<td>Describe sources of funding for the systematic review and other support (e.g., supply of data); role of funders for the systematic review.</td>
<td>2, 23</td>
</tr>
</tbody>
</table>


*For more information, visit: [www.prisma-statement.org](http://www.prisma-statement.org).*