Suggested Immobilization Test (SIT)

**Instructions:** The individual conducting the test should follow the instructions below.

1. Ask the child to sit still in bed, with their head up at a 45° angle & legs extended.
2. *(OPTIONAL)* Apply the portable EMG apparatus or Actigraph (that specifically records PLMs) to the thickest part of calf, and then turn on the device.
3. Ask the child to relax and not have any tension in their legs.
4. Record the SIT on a camera/mobile phone for a 45-minute period.
5. Allow the child to mark down the severity of their leg discomfort on the scales below in 5-minute periods. At the end of 45 minutes you should have 10 completed scale scores.

**Parent/Guardian:** Allow the child to mark down the severity of their leg discomfort at the start of the test and at the indicated time intervals. The ranking of discomfort needs to be made very clear to the child. Begin by asking the child for a word or phrase (example: "uncomfortable", "tingly") that best describes how he/she is feeling and then equate that with the lowest (0)/highest (10) ranking (example: least/most "uncomfortable", or least/most "tingly"). Allow the child to express their leg discomfort in their own words. Please do not suggest words to the child.

**Remind** the child that their legs must be relaxed and not tense; you may check this manually.

The score can reflect a whole number such as 2, or decimal places such as 2.3 or 2.5.

**Start time:**

**End time:**

**If the child is unable to finish the test, record the number of minutes they were able to sit still before moving:**

**Example:**

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**SIT (at home assessment)**

**Click the areas where you feel discomfort:**

**FRONT**

**BACK**

**Had observable movement patterns**

- Twitches in feet/toes
- Increased tension (e.g. raising heels/legs/body)
- Rubbing or clenching of feet/toes
- Repetitive movements of toes/feet/legs

**Described sensations**

- An urge to move
- Sensations in legs
- Sensations in feet/toes
- Other: **Comment**

**Other:**

- Unable to specify

**No observable movement patterns**

- Did not report any sensations

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**Additional details**