

Rob's Guide to Night-time Muscle Cramps

Night-time muscle cramps are involuntary contractions of the muscle due to localised accumulation of lactic acid.

Causes:

- Unknown cause (idiopathic)
- Diabetes
- Iron deficiency anaemia
- Arthritis
- Common in pregnancy
- Electrolyte disturbances particularly low sodium or calcium
- Thyroid disease
- Neurological conditions such as peripheral neuropathy and motor neurone disease

How to prevent and reduce symptoms:

- Reduce or stop completely caffeine, alcohol, and nicotine consumption
- Passive stretching and massage of the affected muscle
 - Stretch before going to bed
- Night-time muscle cramps in the calf may be prevented with daily stretching
 - Again, stretch before going to bed
- B vitamin complex has some evidence
- Magnesium and calcium supplementation have minimal evidence other than pregnancy-related leg cramps, although it is reported some patients may get relief
- Maintain adequate hydration
 - Have a waterbottle or glass of water by the bedside

Talk to your local pharmacist at Barcaldine Pharmacy for further information to discuss your health needs!

Cheers,

Rob – Barcaldine Pharmacy

References:

eTG complete [digital]. Melbourne: Therapeutic Guidelines Limited; 2019 Jun. https://tgldcdp-tg-org-au.eu1.proxy.openathens.net/viewTopic?topicfile=muscle-cramps-including-leg-cramps-in-pregnant-women&guidelineName=Neurology#toc_d1e467