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Study of effects of sleeping habits on premenstrual syndrome

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Abstract

Introduction: The objective of the present study is to define the relation between certain aspects of sleeping habits and premenstrual syndrome in Indian population.

Materials and Methods:

The present study will be performed on first year female medical students, aged between 17 and 21 years. The self-rating of their symptoms will be done by using a premenstrual syndrome screening questionnaire test.

Results: Awaited

Conclusions: We believe that the present study will help the gynaecologists in understanding the effects of sleep habits on the premenstrual syndrome. This may also assist the successful diagnosis and management of premenstrual syndrome.

Keywords: menorrhagia, premenstrual syndrome, sleeping habits