Accepted Manuscript

Premenstrual syndrome and sleep disturbances: results from the Sao Paulo Epidemiologic Sleep Study

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PII: S0165-1781(17)31529-9

DOI: 10.1016/j.psychres.2018.04.008

Reference: PSY 11330

To appear in: Psychiatry Research

Received date: 17 August 2017 Revised date: 19 December 2017

Accepted date: 2 April 2018



Please cite this article as: Zaira F.M. Nicolau, Andréia G. Bezerra, Daniel N. Polesel, Monica L. Andersen, Lia Bittencourt, Sergio Tufik, Helena Hachul, Premenstrual syndrome and sleep disturbances: results from the Sao Paulo Epidemiologic Sleep Study, *Psychiatry Research* (2018), doi: 10.1016/j.psychres.2018.04.008

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Highlights

- Premenstrual syndrome had a high prevalence in the sample
- Women with a partner were more likely to have PMS
- Women with PMS were more likely to have poor-quality sleep and unrefreshing sleep.



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