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Surgical Menopause Leads to Increased Sleep Issues

Study documents worse sleep quality and greater risk of insomnia in women who undergo surgical menopause versus natural menopause

CLEVELAND, Ohio (November 14, 2018)—Insomnia is one of the most common symptoms of menopause, with nearly 20% of postmenopausal women reporting sleep disturbances. A new study from Korea demonstrates that sleep quality is often worse for women who undergo surgical menopause compared with those who transition through menopause naturally. The study results are published online today in *Menopause*, the journal of The North American Menopause Society (NAMS).

Surgical menopause is often accompanied by more psychological and physical difficulties. The increased severity of menopause symptoms such as hot flashes and night sweats can disrupt sleep during a time in a woman's life when sleep problems are already an issue; however, only a few quantitative studies have investigated sleep-interfering behavior in postmenopausal women. This new study is one of the first to compare sleep-interfering behaviors based on type of menopause, surgical and natural.

More than 500 postmenopausal women completed questionnaires as part of the study. Women in the surgical menopause group reported significantly worse sleep quality, especially for sleep duration and habitual sleep efficiency, compared with women in the natural menopause group. In addition, women who underwent surgical menopause were found to be more than twice as likely to have insomnia. Furthermore, those women in the surgical menopause group who displayed more sleep-interfering behaviors had a higher severity of insomnia symptoms.

Results of this study are reported in the article "Sleep disturbance in women who undergo surgical menopause compared with women who experience natural menopause."

"Early surgical menopause is known to be associated with more severe menopause symptoms," says Dr. JoAnn Pinkerton, NAMS executive director. "That's why it is important to assess sleep quality in women after surgery that leads to menopause, because insomnia and disrupted sleep can cause fatigue, mood changes, and lower quality of life."

For more information about menopause and healthy aging, visit www.menopause.org.

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Founded in 1989, The North American Menopause Society (NAMS) is North America's leading nonprofit organization dedicated to promoting the health and quality of life of all women during midlife and beyond through an understanding of menopause and healthy aging. Its multidisciplinary membership of 2,000 leaders in the field—including clinical and basic science experts from medicine, nursing, sociology, psychology, nutrition, anthropology, epidemiology, pharmacy, and education—makes NAMS uniquely qualified to serve as the definitive resource for

health professionals and the public for accurate, unbiased information about menopause and healthy aging. To learn more about NAMS, visit www.menopause.org.