

Table S1. Number of Menstrual Cycles (51,606) by Bleeding Characteristic, Study of Women’s Health Across the Nation (SWAN) Menstrual Calendar Substudy

Bleeding Characteristic	Frequency	Percent
Menses Duration, Days		
1	1,992	3.9
2	1,247	2.4
3	3,320	6.4
4	6,972	13.5
5	11,780	22.8
6	10,358	20.1
7	7,005	13.6
8	3,645	7.1
9	1,886	3.6
10+	3,401	6.6
Number of Spotting Days		
0	4,990	9.7
1	10,674	20.7
2	14,177	27.4
3	10,649	20.6
4-5	7,935	15.4
6+	3,181	6.2
Number of Heavy Days		
0	32,207	62.4
1	8,352	16.2
2	8,301	16.1
3+	2,746	5.3