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EDITOR'S CHOICE

Editor's Choice: Nightshift work lowers age at menopause

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The Nurses' Health Study project has over past decades generated an enormous number of publications on an array of medical issues. This project has contributed importantly to our understanding of and discussion about female health, mostly in the context of reproductive science. Stock *et al.* (2019) now extracted from this invaluable and ever-growing dataset that women exposed to occupational rotation/night-shift are at a slightly increased risk of accelerated menopausal onset. Menopause in the human is traditionally attributed to ovarian depletion of viable follicles. The study controlled for a number of potential confounders such as age, smoking and parity—each of which may influence or be related to ovarian reserve. To what extent bio-rhythmic disturbance may act in a similar way is an intriguing issue yet to be solved. Perhaps in the human, timing of final ovarian activity may depend to some extent on altered neuroendocrine activity as is the case in most other species.

Reference

Stock D, Knight JA, Raboud J, Cotterchio M, Strohmaier S, Willett W, Eliassen AH, Rosner B, Hankinson SE, Schernhammer E. Rotating night shift work and menopausal age. *Hum Reprod* 2019;**34**:539–548.