Normal menstrual cycle length and variation by age (FIGO, ACOG, Apple Women’s Health Study)

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Age	Normal cycle	Shortest to longest	Typical change, cycle to cycle
First years of periods	21 to 45 days (ACOG)	often irregular at first	about 5.3 days (under 20)
18 to 25	24 to 38 days	up to 9 days apart	about 4.7 to 5.1 days (20 to 29)
26 to 41	24 to 38 days	up to 7 days apart	about 3.8 to 4.7 days (25 to 44)
42 to 45	24 to 38 days	up to 9 days apart	about 4.0 to 5.4 days (40 to 49)
Over 45	often changing: perimenopause	often further apart	about 5.4 days (45 to 49), 11.2 over 50

Normal cycle and shortest to longest: FIGO 2018 (Munro and others) for adults, ACOG Committee Opinion 651 for the first years. Typical change: the within-person standard deviation of cycle length in the Apple Women’s Health Study (Li and others, 2023, Table 4), for the age groups it reports.

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