

TABLE 3

Evaluation of the P eriod E ffect

Outcome	1st Treatment Period		2nd Treatment Period		P
	Mean	Median	Mean	Median	
Number of cramps	13.02	6.5	9.9	4	.027
Severity	2.25	1.2	1.83	1.5	.16
Duration*	2.0	1	1.8	1	.58
Sleep disturbance	2.1	0.5	1.25	0	.07

*In minutes.