Debunking Medical Myths: Lunar Lunacy

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**Recommended Citation**

Arshad, Rooshan; Shah, Riya; Lloyd, John; Howard, Mackenzie; Cavataio, Joseph; and Streveler, Emma, "Debunking Medical Myths: Lunar Lunacy" (2022). *Patient Education Projects*. 277.  
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The belief that the moon affects our lives and especially our emotions has existed for thousands of years and appears to be part of a collective, lay wisdom. (3)

Many studies have shown zero correlation between number of admissions and the lunar phase:

- Schuld J, Slotta JE, Schuld S, Kollmar O, Schilling MK, Richter S. Popular belief meets surgical reality: impact of lunar phases, Friday the 13th and zodiac signs

Healthcare providers have long believed in a connection between increased hospital admissions and the full moon. This superstition may have originated from the brightness of a full moon causing insomnia during the preindustrial era. (5)

However, multiple studies over the past 50-years show that the moon has NO effect on hospital admissions or outcomes. (1-4)

Lunacy and lunatic stem from luna, the Latin word for moon. It is believed that people were more likely to show erratic behavior during a full moon.

“...the moon affects our lives and especially our emotions has existed for thousands of years and appears to be part of a collective, lay wisdom.” (3)

Sources: