

Basal Body Temperature

Charting your basal body temperature is a simple and sensitive way to evaluate thyroid function and fertility.

The thyroid gland produces hormones that largely control the metabolic rate of your body. This metabolic rate is reflected in your temperature.

BBT can also be useful to assess when the post-ovulatory temperature spike occurs to help you better understand your fertility cycle. For this purpose, use a thermometer that records temperature to two digits past the decimal point.

Procedure

Place a thermometer next to your bed. Automatic digital thermometers tend to be more temperamental than the old glass mercury thermometers. To ensure accuracy of your digital thermometer, take a series of three repeated readings within a minute of each other, without moving. If the readings are within 0.1, then the thermometer may be used for the test.

On waking, without getting out of bed or moving about, place the thermometer in your mouth. It is best to lie still with your eyes closed while waiting to get a reading. Record the temperature at the beep.

For **Thyroid**: Record the temperature every day at three-hour intervals for seven days, beginning in bed before rising. Record the time you eat your meals and complete the chart provided.

Basal Body Temperature Chart

Day	1				2				3				4				5				6				7							
Time																																
Temperature (°C/°F)	37.4/99.4																															
	37.3/99.2																															
	37.2/99.0																															
	37.1/98.8																															
	37.0/98.6																															
	36.9/98.4																															
	36.8/98.2																															
	36.7/98.0																															
	36.6/97.8																															
	36.5/97.7																															
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