

Basal Body Temperature (BBT)

How to measure BBT

1. A basal thermometer calibrated to detect lower and smaller intervals is best, but a digital one usually works fine.
2. Do not change thermometer brand mid-cycle. Use it either sublingually, vaginally, or rectally. Do not change site mid-cycle.
3. Upon waking while still in bed and before going to the bathroom or any excessive talking, place thermometer under tongue. Once it beeps record temperature on chart.
4. It is recommended to take the temperature at the same time or within one to two hours of the same time every morning. This can be tricky for women on night shifts/insomnia. If you get up early or late you should record this fact on the chart.
5. If you have to get up during the night, take temperature after the longest span of rest, at least 3 hrs. Record this on chart.
6. Start a new chart on day one of your cycle.
7. Mark days of intercourse, menses, and cervical fluid descriptions.
8. Note events such as cold, fever, sleepless night, aspirin, Tylenol or Motrin (which reduces fever), travel, and alcohol use.

Factors that influence BBT

Many of these will raise BBT or delay ovulation.

Mouth breathing	Anti-anxiety medications (except benzos)
Snoring	SSRI
Alcohol consumption	Tricyclic
Traveling through various time zones	Tetracyclic meds
Fever	Anti-psychotics
Insomnia	Certain antibiotics used long-term
Sleeping on an electric blanket	NSAIDs
Anti-inflammatory drugs	Anti-histamines
Sleep aid drugs	Statins