

## **BASAL BODY TEMPERATURE**

Charting your basal body temperature is a simple and sensitive way to evaluate thyroid function. The thyroid gland produces hormones which largely control the metabolic rate of your body. This metabolic rate is reflected in your temperature.

Menstruating women: Record a temperature reading first thing each morning for a complete month, beginning any day in the month. Indicate the days of your menstrual period.

Men and post-menopausal women: Record the temperature for at least seven mornings.

### Thermometer

If using a digital (automatic) thermometer, it is best to use one that beeps when it reaches your temperature. To check accuracy of your digital thermometer, take a series of three repeated readings. If the readings are within 0.1, then the thermometer may be used for the test.

If using a glass mercury thermometer, it must be a basal body temperature thermometer. This has a more sensitive scale over the range of normal human body temperatures than an ordinary glass mercury thermometer.

### Procedure

1. Prior to going to sleep, place your thermometer next to your bed. If it is a glass mercury thermometer, shake it down to below 35° C (95° F).
2. On waking, without getting out of bed or moving about, place the thermometer in your mouth, or in the centre of your armpit. It is best to lie still with your eyes closed while taking a reading. For glass mercury thermometers, leave the thermometer in place for 10 minutes. For digital thermometers, record your temperature when it beeps. Proper positioning of the digital thermometer in your armpit is important. Improper positioning may result in temperature readings below actual value.
3. Record the results on the graph.