



The YinOva Center™

## How to Take and Chart your Basal Body Temperature

Jill asks you to complete a basal body temperature chart so that she can find out if you are ovulating and how long your luteal phase is. She also uses the information about temperature fluctuations to adjust your herbal formula and change your acupuncture treatments. Taking your temperature is not a good way of predicting ovulation because by the time the temperature goes up, ovulation has already occurred. However over time it can help you understand your body's rhythms.

- Please take temperature, orally, first thing upon waking. Do this before you do anything else such as urinating, moving around or drinking coffee.
- Use a special BBT thermometer because it records temperature in smaller increments than an ordinary thermometer.
- Record the temperature on the BBT Chart
- Take at the same time every day if possible. If you do sleep in for every half an hour you sleep later the temp goes up 1/10 °F so adjust the temperature down 1/10 °F on the chart
- The temperature should be taken after at least three consecutive hours of sleep
- Bring your chart to each session with Jill or her associates so that they can adjust your treatment based on your chart.

### Understanding Your BBT Chart

You will notice that, under the influence of estrogen, in your follicular phase your temperatures are lower, typically between 97 and 97.5.

After you ovulate your temperature will typically rise to between 97.6 and 98.6 under the influence of progesterone in your luteal phase.

Temperatures usually rise with in day of ovulation and stay elevated for 12 – 16 days.

If you are pregnant they will remain elevated for more than 18 days.

To pinpoint when ovulation has occurred we draw a cover-line on the chart. To do this you watch for the 1st day your temp rises 2/10°F above previous temperatures. Highlight the last 6 temperatures before the rise and draw a line 1/10°F above the highest of these 6 temperatures. This is your cover-line. If you need help with this ask Jill or an associate to explain it (it's a lot less confusing when someone shows you on a chart!)

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