

## How to Use Your Basal Body Temperature Chart

Completing a Basal Body Temperature (BBT) chart gives you two key pieces of information for trying to conceive:

- Whether or not you are ovulating
- How long the luteal phase of your menstrual cycle is

Over time, understanding your body's patterns and rhythms will help you identify when you ovulate so you can take action accordingly.

It's worth mentioning that BBT charts map out the patterns of when you ovulate and are not necessarily the best way to predict ovulation. If you would like to use another method that focuses on predicting ovulation rather than taking note of the patterns of your cycle, you may want to consider using an Ovulation Predictor Kit. That is something you can go over with your practitioner at any time.

The benefit to using a BBT chart is that your practitioner will also use information about your temperature fluctuations to adjust your acupuncture treatments and herbal formula accordingly.

### **How to fill out a BBT chart**

Use a BBT thermometer (as opposed to a regular thermometer, BBT thermometers record temperatures in smaller increments than an ordinary one you would use for fevers.)

- When you wake up, before you do anything else, take your temperature orally. Activities like peeing, moving around, or drinking coffee will all have to wait until after you've taken your temperature.
- Try to take your temperature at the same time every day. It's also worth noting that you'll only get a valid reading after at least three consecutive hours of sleep.

