

# Basal Body Temperature (BBT)

## THERMOMETER GUIDE

### BBT: THE FACTS

*BBT - Your waking, or at full rest, temperature*

- Tracking your BBT is to confirm ovulation already happened, NOT to predict it
- You are looking for a biphasic thermal shift increase, which, when combined with a change in cervical mucus, confirms ovulation just occurred (typically within 1-2 days preceding shift)\*
- Once ovulation occurs, your body secretes higher levels of progesterone, which is heat inducing, and that is why there's an increase in BBT\*\*
- Check with an FAE or healthcare professional if you do not see an  $\uparrow$  in BBT and cannot confirm ovulation



### CRITERIA FOR A GOOD BBT THERMOMETER

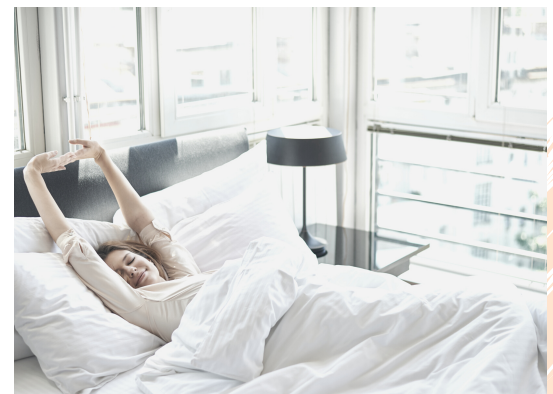
*Expensive  $\neq$  better. Just depends on preferences.*

- Must not be a quick read thermometer (should take at least 30 - 60 seconds for the device to take your BBT)
- Should measure to the 10th or 100th degree, for example: 97.5°F or 97.53°F

### BBT BEST PRACTICES

*Done is better than perfect!*

- Take your BBT first thing in the morning (best to do in bed, before going pee, starting the coffee, etc.,) around the same time, w/in half hour in either direction
- Take orally
- If something occurs that will impact your BBT such as illness, drinking a couple glasses of wine the night before, sleeping in, poor sleep, not sleeping 3 consecutive hours prior to taking your BBT, etc., simply take note of that on your chart which will help explain temp. outliers
- No need to take temp. more than once
- Done is better than perfect! BUT, take precaution if you are unable to confidently interpret your chart / still learning



\*Less frequently, the thermal shift can take up to 4 days to occur after ovulation, and can shift 1 day before ovulation

\*\*Some females are not sensitive to the heat-inducing effects of progesterone so don't observe a thermal increase

# Most Popular Thermometers

## AN OVERVIEW



iProven



TempDrop



Brand	Pros	Cons	Price
<b>iProven</b> Oral thermometer	<ul style="list-style-type: none"> <li>• Inexpensive</li> <li>• Straightforward to use</li> </ul>	<ul style="list-style-type: none"> <li>• Only stores the previous temp taken</li> </ul>	\$11.99
<b>TempDrop</b> Device worn on upper arm while sleeping	<ul style="list-style-type: none"> <li>• Great for those with irregular sleep schedules (postpartum, inconsistent wake times, etc.)</li> <li>• Stores temps indefinitely</li> <li>• Comes with a standard watch battery that doesn't need to be changed for 6 - 9 months</li> <li>• No active wireless communication while you wear TempDrop</li> <li>• Once awake &amp; ready to collect your temp, Bluetooth Low-Energy is used to sync your BBT to the smartphone TempDrop app</li> <li>• Your data remains yours alone</li> </ul>	<ul style="list-style-type: none"> <li>• TempDrop temps may be higher or lower than oral readings</li> <li>• Algorithm based technology is used so it takes 60 days to give accurate data for you to make informed fertility choices</li> <li>• You must initiate the syncing and download of your sleeping temperature to the smartphone Tempdrop app at some point during the day (doesn't have to be done first thing in the morning)</li> </ul>	\$159
<b>Daysy</b> Oral device	<ul style="list-style-type: none"> <li>• Hormone-free birth control device</li> <li>• Boasts an accuracy of 99.4% in differentiating infertile days versus fertile days (however there has been major critiques / flaws pointed out with Valley Electronics' (Daysy's manufacturer) clinical study which must be be considered if choosing this medical device)</li> </ul>	<ul style="list-style-type: none"> <li>• Language from the Daysy website like:                      "No note-taking, no forgetting, no worries. Daysy does all the hard work for you!" and                      "The self-learning algorithm does all of the necessary calculation work for you"                      which, depending on your point of view, can reduce the self-empowerment component of interpreting your data and making your own informed fertility choices</li> <li>• Uses technology to tell you whether you are fertile or infertile (green or red light)</li> <li>• Uses your preceding menstrual days &amp; your BBT when telling you if you are: fertile, possibly fertile, infertile, or a "Daysy is still learning" yellow light</li> </ul>	\$299