

BASAL BODY TEMPERATURE

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37.2										
37.1										
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- On waking, before getting up, place the thermometer under your armpit. It is important to make as little movement as possible. Lying and resting with your eyes closed is best.
- Wait until the thermometer beeps four times (up to 90 seconds), then remove it and record the temperature in the daily diary.
- Record the temperature for at least three mornings - preferably at the same time of day and always before getting out of bed.
- Women with a menstrual cycle must perform the test on the days between the second and ninth days after starting the period.