

# Basal Body Temperature (BBT) Instructions

Basal Body Temperature recording is not required for ZRT testing. There is an optional space on the Test Requisition for testers who would like to record this information.

At normal body temperature, cell to cell communication and the cellular metabolic rate are thought to be optimized. Because of this, body temperatures are thought to be a great way to monitor cellular metabolic rates and thyroid hormone function. All that is needed is an accurate thermometer.

## Procedure:

1. Place the thermometer by your bed the night before you are going to take your basal body temperature. If you are using a glass thermometer, shake it down to below 95° F before going to sleep.
2. On waking, place the thermometer under your tongue for a full ten minutes or for electronic thermometers, until it beeps. It is important to make as little movement as possible. Lying and resting with your eyes closed is best.
3. Record the temperature on the requisition form.
4. Take your basal body temperature on three 3 different mornings. Postmenopausal women, children and men can take basal body temperature on any morning. Premenopausal women should ideally test on the second, third and fourth days of menstruation.

**Note:** Oral and topical progesterone or testosterone may raise basal body temperature because of their influence on cellular metabolism.