



New Hampshire _____
Natural Health Clinic _____

304 Riverway Place, Bedford, NH (Inside Bedford Commons) 603-623-6800

Basal Temperature Study for Thyroid Function

The basal temperature test is very accurate when an axillary (under the arm) temperature is taken each morning for 3-7 days. If the temperature is consistently low, then the thyroid is considered to be underactive. Be sure to record the reading accurately. It is your accuracy that determines the value of the test.

At night, before retiring, shake down a thermometer and lay it beside your bed on a night table or chair. It should be close enough to reach without requiring you to get out of bed.

Immediately upon awakening, place the thermometer under your bare arm, pressing your arm against your body with no clothing between. **Keep still** and quiet. Any motion can upset your temperature reading. If it is a mercury thermometer, leave under the arm for **10 minutes**.
Record the result for 3-7 mornings

Date _____ Temp _____

Date _____ Temp _____

Date _____ Temp _____

Date _____ Temp _____

Date _____ Temp _____

Date _____ Temp _____

Date _____ Temp _____

- ❖ Normal reading when taken this way is between 97.8° and 98.2°F
- ❖ For menstruating women: Do temperature readings on the 2nd & 3rd day of your period