

Temperature Disturbances



A rise in temperature is noted, is it a true thermal shift?

Not every rise in temperature indicates a thermal shift. A **temperature disturbance** is a **false** temperature rise due to causes other than ovulation. Factors that can disturb the temperature should always be noted in the chart and a disturbed temperature is marked with a circle and discounted when interpreting the temperature chart.

Causes of a disturbance of the Temperature (Basal Body Temperature, BBT):

- Taking the temperature at a different time than usual.
- Taking the temperature in a different orifice than usual.
- Using a different thermometer.
- Alcohol intake the night before.
- A Disturbed night.
- Sleeplessness
- Fever due to illness.
- Travel/ Holidays
- Stress
- Emotional upsets
- Medication
- Heavy meal before sleeping