

5 Major Types of Basal Body Temperature Charts

Type #1: Normal Two-Phase BBT Chart

Such charts are typical for the normal two-phase menstrual cycle and are characterized by pre-ovulation and pre-menstrual falls of temperature along with a rise in the 2nd phase of the cycle by at least 0,8 Fahrenheit. The duration of the post ovulation rise is between 12 and 14 days. Here is an example of a typical curve for the normal two-phase BBT chart:



Type #2: Estrogen-Progesterone Deficiency

The rise of the temperature in the second phase is slight. The difference between the 1st and the 2nd phase is no more than 0,4-0,6 Fahrenheit. If you've got a chart like this, you may deal with estrogen-progesterone deficiency. When your charts repeat the mentioned pattern from cycle to cycle, your gynecologist will suspect hormonal disorders, leading to infertility.



Type #3: Insufficiency of the 2nd Phase

This pattern is more associated with a threat of miscarriage than with infertility. In other words, pregnancy is possible yet is initially risky. How does the curve look? Basal temperature begins to rise only shortly before menstruation, while any pre-menstrual temperature fall is absent. The 2nd phase lasts less than 10 days. If a chart like this repeats at least 3 months in a row, you should consult your gynecologist.



Type #4: Anovulatory

Normally a healthy woman may have on average one anovulatory cycle during a year, when ovulation doesn't occur. However, if the situation repeats from cycle to cycle, a woman is not able to get pregnant since pregnancy can't happen without ovulation. Anovulatory curve looks without any prominent temperature rises throughout the cycle. If you have the following monotonous pattern 3 months in a row, you should visit your doctor.



Type #5: Estrogen Deficiency

Unlike the previous type, in this case your temperature curve turns out to be too chaotic. The fluctuations don't fit into any type, described above. As a rule, such a pattern is caused by a pronounced estrogen deficiency, however, occasional factors may also be among the culprits.

