

Understanding the Basal Body Temperature Method

Natural Cycles is the hormone-free birth control app that determines a woman's fertility based on her basal body temperature (BBT).

The app will take BBT measurements into account and gives a daily fertility status based on whether or not the user is at risk of pregnancy on any given day of the menstrual cycle.

The user can then choose to abstain or use barrier protection on fertile days.

Natural Cycles as a birth control method, has been proven to be 93%^{1,2} effective with typical use and 98%² effective.



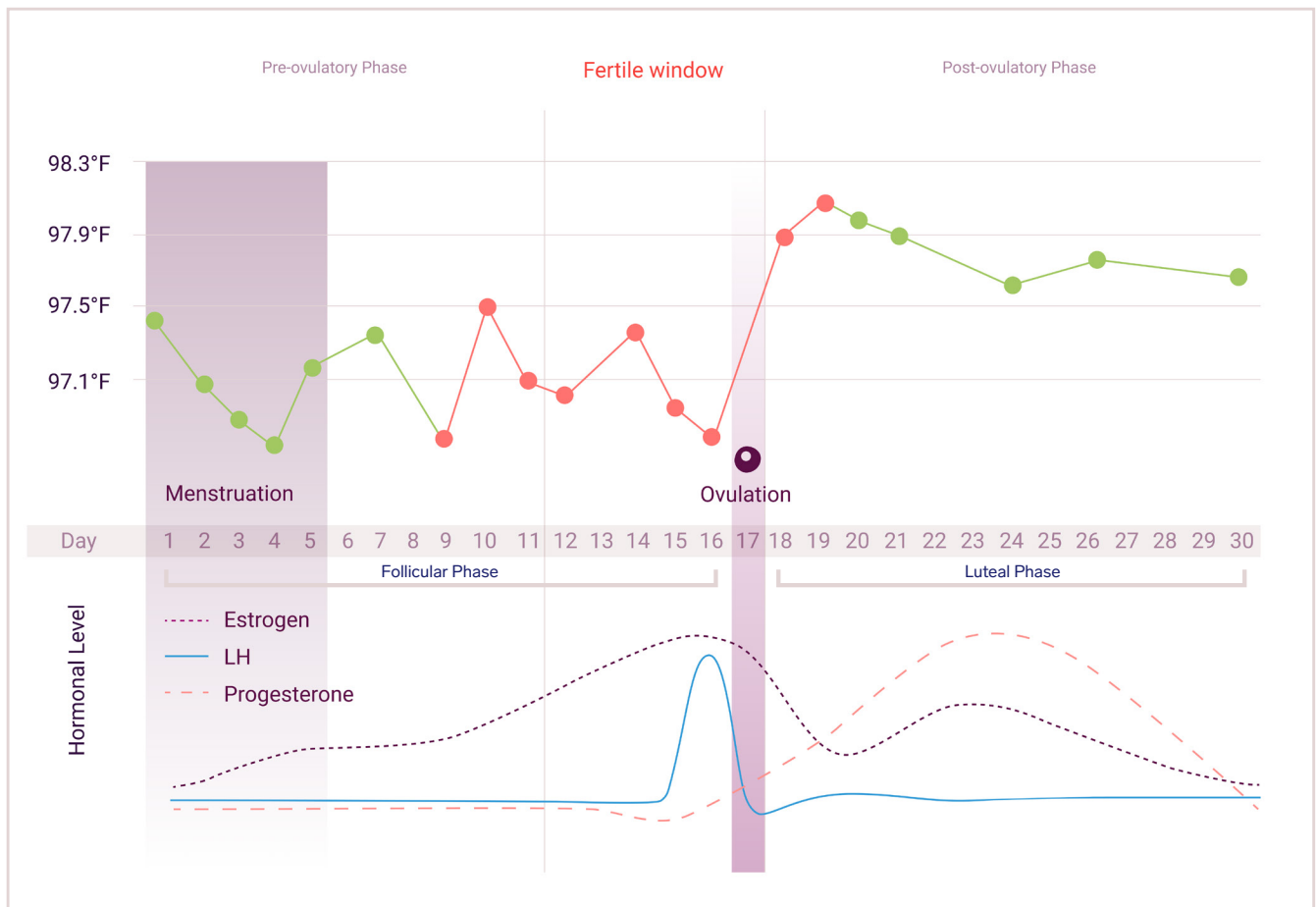
What is BBT?

BBT is the lowest point that a person's body temperature reaches in a 24-hour period, when they are fully at rest.



It can be measured using a basal thermometer (a thermometer with two digits and an accuracy of 0.1) first thing in the morning, before sitting up and getting out of bed.

How Does BBT Change Throughout the Menstrual Cycle?³



Follicular Phase

The first half of the cycle, which starts on the first day of menstruation through to ovulation.

BBT stays within the lower range, typically between 97.0 and 98.0°F (36.11 and 36.67°C) until approximately 1 day before ovulation when BBT reaches its lowest point.

Luteal Phase

The second half of the cycle, which begins after ovulation and ends when the next period begins.

After ovulation, BBT rises between 0.5–1.0°F (0.3–0.5°C) and plateaus throughout the luteal phase. Progesterone levels decrease through the luteal phase and BBT returns to the lower range, typically 1–2 days before, or just at the onset of menstruation.

How Can BBT be Used to Track Fertility?

A hormone called progesterone is produced by a woman's ovaries just after ovulation, which causes a small but significant rise in BBT. By tracking changes in their BBT women can identify when ovulation takes place, and thereby predict their fertile window (around six days per cycle). This information can be used in timing intercourse to help either plan or avoid a pregnancy.

What Factors May Affect BBT?⁴

BBT can be influenced by a number of factors, including:

Illness or fever

Stress

Shift work

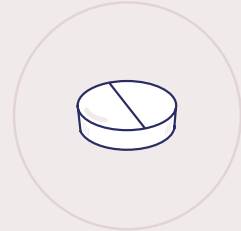
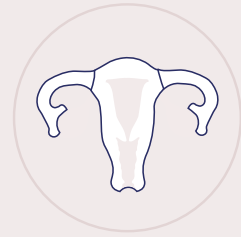
Interrupted sleep cycles or oversleeping

Alcohol

Travel and time zone differences

Gynecological disorders

Certain medications



BBT measurements should be disregarded if any of these factors apply.

How effective is the BBT Method in Preventing Pregnancy?

A number of studies have been conducted to validate BBT as an indicator of fertility.⁵⁻⁸ The effectiveness of BBT methods has been studied and it shows that such methods can be up to 99% effective with perfect use.⁹

Natural Cycles, a mobile app that uses an intelligent algorithm to determine daily fertility based on BBT, has a typical use effectiveness rate of 93%^{1,2} and a perfect use effectiveness rate of 98%²

References:

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Read more at: www.naturalcycles.com

For more information about Natural Cycles,
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About Natural Cycles: Natural Cycles was founded in June 2013 by former CERN physicist, Dr Elina Berglund and her husband Dr Raoul Scherwitzl, who also has a background in physics. Natural Cycles is an effective, natural method of birth control that is delivered in the form of an app. It uses an intelligent algorithm that is sensitive to subtle patterns in a woman's cycle to determine daily fertility, based on basal body temperature and period data. Natural Cycles is 93% effective with typical use,¹ which means that 7 women out of 100 get pregnant during 1 year of use. Natural Cycles is the only app of its kind to be available in Europe and the US for use as a contraceptive. The app can also be used to help plan a pregnancy when the time is right. Natural Cycles' mission is to pioneer women's health with research and passion, by empowering every woman with the knowledge she needs to be in charge of her health. Natural Cycles is headquartered in Sweden and has operations in the United States, Germany, Switzerland and the United Kingdom.