

AXILLARY TEMPERATURE TEST

(aka Barnes Thyroid Test)

Patient Name _____

Date _____ Re-evaluation _____

Tracking dates	Time	Temperature
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		

This test is an excellent way to determine thyroid function using basal body temperature (the body's temperature at rest). If the thyroid is running low, the body's temperature will drop below normal while the body is at rest or asleep. This test is performed by measuring the underarm temperature upon waking after a night's sleep. For accuracy, the test is conducted five mornings in a row and then the mean average is calculated. The test is performed with a basal thermometer; the instructions for performing the test are:

Recording Underarm Temperature in the A.M. for Five Days

1. The night before, shake down the thermometer (an oral glass thermometer only), and set it on the nightstand next to the bed.
2. Immediately upon waking, without raising your head from the pillow, place the thermometer under the arm.
3. Leave thermometer under arm for 10 minutes.
4. Move as little as possible in this process; you must remain flat on your back during this entire time — otherwise the thyroid gland will be activated and a false reading will be taken.
5. After 10 minutes, remove thermometer and record temperature.
6. The test is invalidated if you expend any energy just before recording the temperature, i.e. getting up for any reason, shaking down the thermometer, etc.

A mean average temperature of between 98.2°F and 98.8°F is considered normal.

To figure average: Total _____ divided by 5 = _____.

Note: This test is helpful for your practitioner to look at possible adrenal insufficiency for the patient who complains of fatigue, listlessness and brain fog, in addition to thyroid function.