

# Daily Mood & Sleep Tracking

Year: .....

Month: .....

Name:	.....		
Medication Name:	.....	.....	.....

Use this tracker daily to monitor mood, sleep, and patterns. Share with your clinician to help adjust treatment plans.

Date		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
DAILY MOOD	Manic	+3																														
		+2																														
		+1																														
	Depresse	0																														
		-1																														
		-2																														
		-3																														
Sleep (hrs)																																
Meds (Y/N)																																
Energy (Low-Normal-High)																																
Social Interaction (Isolated-Sociable)																																

Scale	
+3	Severe
+2	Moderate
+1	Mild
0	Normal
-1	Mild
-2	Moderate
-3	Severe

## Manic moods - examples

Feeling unusually “up” or euphoric  
 Restless, jumpy, or wired energy  
 Irritable, agitated, or easily triggered  
 Needing very little sleep but not feeling tired  
 Doing more than usual or starting many projects at once

## Depressive moods - examples

Deep sadness or emptiness  
 Sleeping far too much or struggling to sleep at all  
 Losing interest in things usually enjoyed  
 Feeling worried, guilty, or hollow  
 Trouble focusing or making decisions

## Tip for caregivers:

Note skipped meals, stress, or sudden sleep changes - these often predict shifts in mood.