

Mood Chart

Adapted from Sachs, G (1996): J. Clin. Psychopharm. 16:2(suppl 1) p47S

Date	Energy/Mood						Sleep			Irritability	Events/Notes/Observations
	(can use two check marks: worst and best for each day)						Check one, Or put number of hours				
	Low energy/mood		Normal Mood		Agitation/ anxiety/ "up"		Increased Sleep	Normal Sleep	Insomnia		
	cannot work	impaired	not impaired	normal mood	not impaired	impaired					
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