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PATIENT HANDOUT

Daily Mood Monitoring

Dr. Halim has asked you to keep a short daily record of your mood, sleep, and energy. Everyone's mood goes up and down, and most of what you write will be ordinary. The goal is to see the pattern over days and weeks. That pattern helps Dr. Halim tell normal emotions apart from a mood episode that may need treatment.

How to Use the Chart

- Complete once a day, near the end of your waking day.
- **The sleep rows are about your last main sleep period.** Every other row is about your waking day.
- Rate yourself against **your own usual self**. For mood and energy, 0 means your usual. For anxiety and irritability, 0 means none that day.
- Write what happened, not what you think it means. "Cleaned the garage until 3 a.m." is more useful than "manic."
- Changes can be hard to see in yourself. If someone close to you noticed a change, note what they said.
- Write **?** if you are not sure. Leave a missed day blank.
- Add a dated note only for a change, a missed or changed dose, or a safety concern.
- Start a new chart every two weeks. Bring all finished pages to each visit.

Rating Keys

Mood	−3 very low · −2 low · −1 a little down · 0 usual · +1 a little up · +2 high · +3 extremely high. Record your lowest and highest points of the day. If steady, enter the same number in both rows. If it changed noticeably, note about how long the change lasted. Rate against what you would expect in that situation.
Energy	−3 barely moving · −2 clearly low · −1 a little low · 0 usual · +1 a little more · +2 clearly more · +3 cannot slow down
Anxiety	0 none · 1 mild · 2 hard to set aside · 3 overwhelming or panic
Irritability	0 none · 1 mild, short-lived · 2 frequent or hard to let go · 3 explosive or aggressive

Energy, anxiety, and irritability: rate how you felt for most of the day. Add a brief note if there was a significant spike.

WHAT DR. HALIM IS LOOKING FOR

Patterns, Not Single Days

A mood episode is a clear change in mood and energy that **lasts for days**, is present most of the day, and is different from your usual self. Watch especially for:

- **Less sleep without tiredness.** Sleeping far less than usual yet feeling full of energy. This matters more than trouble falling asleep.
- **Faster thoughts or speech.** Racing thoughts, talking more or faster, or being hard to interrupt.
- **Big plans or unusual confidence.** New projects or beliefs about your abilities that are out of character.
- **Elevated mood** that does not fit the situation, or irritability that runs for days instead of hours.
- **Risky or impulsive behavior.** Spending, driving, sexual behavior, or substance use beyond your usual judgment.
- **Low stretches.** Losing interest, pulling away, moving or thinking slowly, sleeping much more, appetite changes, or hopeless thoughts.

Irritability by itself is common in many conditions and under ordinary stress. It means the most when it shows up together with the sleep, energy, and speech changes above.

Example of a Useful Note

Mon 11/23. Lights out at 11:00, asleep around 1:00, up at 6:00. About 5 hours of sleep. Not tired. Started two new projects at work. My partner said I talked fast.

On the chart: Bedtime 11:00 · Final wake 6:00 · Hours slept 5 · Tired today N. Count from when you fell asleep to when you finally woke up. Subtract time spent awake in between.

Helpful Context to Note

- Medication changes, missed doses, and any new medicines or supplements.
- Illness, time-zone travel, shift work, deadlines, conflicts, late-night screen time.
- Caffeine, alcohol, or other substances.
- Major stress or loss.
- Menstrual cycle days, if you have periods.

Before the Next Visit

On the Notes page, write what stood out, how it affected home, work, or relationships, and what helped. Bring the chart even if it looks uneventful.

When to Get Help Sooner

Call 911 if you have just attempted suicide, may act on suicidal thoughts soon, or are an immediate danger to yourself or someone else.

Call or text 988 right away for support if you wish you were dead or are thinking about suicide or hurting yourself.

Call the office: (941) 500-9292

- Any sudden or fast-worsening change. Do not wait for a pattern.
- Sleeping at least 2 hours less than usual for three sleep periods in a row and still feeling rested.
- Irritability rated 3 on two or more days.
- Low mood or loss of interest that is getting worse and making it harder to manage your usual activities.
- Seeing or hearing things that are not there.
- New or worsening medication side effects.

Office closed and worried about safety? Use 988 or 911.

Two-Week Mood Chart

Complete once a day · Bring to every visit

Name _____ Start date _____ Current medications and doses _____

Usual bedtime _____ Usual wake time _____ Usual hours of sleep _____

Enter your usual sleep schedule once. Use it to compare each night's sleep. If you work nights, use your main sleep period.

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date and weekday example: Mon 11/23														
Sleep · Last Main Sleep Period														
Bedtime (Lights Out) time you tried to sleep														
Final Wake Time time you finally woke up														
Hours Slept fell asleep to final wake · minus time awake														
Mood and Energy · This Waking Day														
Tired Today? Y or N														
Lowest Mood −3 to +3 · same as highest if steady														
Highest Mood −3 to +3 · note how long a change lasted														
Energy −3 to +3 · most of the day														
Anxiety 0 to 3 · most of the day														
Irritability 0 to 3 · most of the day														
Thinking and Behavior · This Waking Day														
Racing Thoughts or Fast Speech Y or N														
Unusually Elated Y or N														
Big Plans or Unusual Confidence Y or N														
Risky or Impulsive Acts Y or N · spending, driving, sex														
Withdrawn or Low Interest Y or N														
Suicide or Self-Harm Thoughts Y or N · wished I were dead, thought about suicide, or thought about hurting myself · if Y, see the box below														
Appetite U usual · M more · L less														
Managing Usual Activities U usual · H harder than usual														
Alcohol or Other Substances number of drinks · note other use														
Medication Taken Y · N · P part of doses														

Mood −3 very low · 0 usual · +3 extremely high Energy −3 barely moving · 0 usual · +3 cannot slow down Anxiety, Irritability 0 none · 3 severe ? not sure Notes on the Notes page

Add a dated note for changes, missed doses, or safety concerns.

Call 911 if you have just attempted suicide, may act on suicidal thoughts soon, or are an immediate danger to yourself or someone else.
Call or text 988 right away for support if you wish you were dead or are thinking about suicide or hurting yourself.

Notes Page

PRINT ON THE BACK OF THE CHART

Name _____ Chart start date _____

An ordinary evening needs no note. Write one only when something changed, a dose was missed or changed, or you had a safety concern.

Dated Notes

Write what happened, not what you think it means. Short phrases are fine.

Date	What happened or what others noticed

Looking Back at These Two Weeks

What change stood out? Include the dates.

How did it affect home, work, or relationships?

What helped you get back to your usual self?

Questions for Dr. Halim