**Free Apps for Mood and Sleep Tracking**

**For Iphone/Ipad**

**My MoodTracker Lite**: Track moods, emotions, and what affects these including sleep, exercise, medication, menstrual cycles, stress, pain, energy, stimulants. Allows you to take notes. Hourly, daily, weekly, monthly, and yearly charts are available upon downloading full paid version and will then allow you to email and download to your doctor. Recommended for an older adolescent/young adult patient who is motivated.

**Optimism**: Develop and monitor moods and strategies, identify triggers and early warning signs. Creates charts and reports to email to your doctor. Easy to use, low burden.

**For Android and Iphone/Ipad**

**Emoods**: Track mania, depression, irritability, anxiety, med adherence, sleep. Can email and print graphs and reports. Easy to use, low burden. Could be completed by a young adolescent and also good for older teens.

**Mood Panda**: Track mood (simple 1-10 scale) and display charts, graphs of moods over time. Simple; recommended for younger children.

**MoodJournalPlus**: Track mood, medication adherence, weight, exercise, triggers, option to journal, can set reminders for appointments and medication adherence. Very extensive but user-friendly. Recommended for an older adolescent/young adult who is motivated.

**Moodlytics**: Log moods and track them via graphs, charts, and calendars to create a mood journal. Tag notes, photos, and people, set goals, and share moods. Simple to use, good for younger children.

**For tracking sleep:**

**SleepBot**: A “Smart alarm” that tracks sleep cycle by recording movements and sound during the night. Also provides relaxing music and a gradual alarm wake up based on your sleep cycle. Creates graphs and provides statistics.