

Can Tracking Your Moods Make You Happier?

August 03, 2023

Tracking daily steps can motivate us to walk more. Tracking [sleep](#) can reveal problems such as sleep apnea. Can tracking our moods make us happier?

There are now many tech ways to log where you fall on the happy-sad spectrum each day. Fitbit offers [mood logging](#) in its stress-management tool. Period-tracking apps, such as [Clue](#) and [Flo](#) allow women to see how their moods fluctuate with their cycles. Apps like [Daylio](#) focus on mood.

The latest big player to enter the arena is [Apple](#). Its latest software updates—iOS 17, iPadOS 17 and WatchOS 10, due this fall and already out in [public beta](#)—include a way to log your state of mind. Apple's Health app also includes a mental-health questionnaire that can assess depression risk.

Many mental-health professionals say simply being aware of your mental state can identify patterns and improve well-being. When people can see associations between their moods and factors like sleep and [exercise](#), these doctors say, it can be even more powerful.

But some research suggests that people don't experience lasting benefits because they don't track often or long enough.

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