

| Insomnia Severity Index (ISI)

Instructions

The Insomnia Severity Index has seven questions. The seven answers are added up to get a total score. When you have your total score, look at the "Guidelines for Scoring/ Interpretation" below to see where your sleep difficulty fits.

For each question, please check the box next to the number that best describes your answer. Please rate the **current** (i.e. **last two weeks**) **severity** of your insomnia problem(s).

Insomnia Problem	0	1	2	3	4
	None	Mild	Moderate	Severe	Very Severe
1 Difficulty falling asleep					
2 Difficulty staying asleep					
3 Problems waking up too early					

4 How **satisfied/dissatisfied** are you with your **current** sleep pattern?

0 Very Satisfied

2 Moderately Satisfied

1 Satisfied

3 Dissatisfied

4 Very Dissatisfied

5 How **noticeable** to others do you think your sleep problem is in terms of impairing the quality of your life?

0 Not at all Noticeable

2 Somewhat

1 A Little

3 Much

4 Very Much Noticeable

6 How **worried/distressed** are you about your current sleep problem?

0 Not at all worried

2 Somewhat

1 A Little

3 Much

4 Very Much worried

7 To what extent do you consider your sleep problem to **interfere** with your daily functioning (e.g. daytime fatigue, mood, ability to function at work/daily chores, concentration, memory, mood, etc.) currently?

0 Not at all interfering

2 Somewhat

1 A Little

3 Much

4 Very Much interfering

Guidelines for Scoring/Interpretation

Add the scores for all seven items:

Total score

Total score categories

0-7 No clinically significant insomnia

8-14 Subthreshold insomnia

15-21 Clinical insomnia (moderate severity)

22-28 Clinical insomnia (severe)