



INSOMNIA SEVERITY INDEX

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 CIRCLE the number that best describes your answer.

QUESTION 1

Please rate the your difficulty falling asleep in the LAST 2 WEEKS.

- ④ Very severe
- ③ Severe
- ② Moderate
- ① Mild
- ① None

QUESTION 2

Please rate the your difficulty staying asleep in the LAST 2 WEEKS.

- ④ Very severe
- ③ Severe
- ② Moderate
- ① Mild
- ① None

QUESTION 3

Please rate the your problems waking up too early in the LAST 2 WEEKS.

- ④ Very severe
- ③ Severe
- ② Moderate
- ① Mild
- ① None

QUESTION 4

How SATISFIED/DISSATISFIED are you with your CURRENT sleep pattern?

- ④ Very Dissatisfied
- ③ Dissatisfied
- ② Moderately Satisfied
- ① Satisfied
- ① Very Satisfied

QUESTION 5

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

- ④ Very Much Noticeable
- ③ Much
- ② Somewhat
- ① A Little
- ① Not at all Noticeable

QUESTION 6

How WORRIED/DISTRESSED are you about your current sleep problem?

- ④ Very Much Worried
- ③ Much
- ② Somewhat
- ① Worried A Little
- ① Not at all

QUESTION 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?

- ④ Very Much Interfering
- ③ Much
- ② Somewhat
- ① A Little
- ① Not at all Interfering

GUIDELINES FOR SCORING/INTERPRETATION:

Add the scores for all seven items
(questions 1 + 2 + 3 + 4 + 5 + 6 + 7) = your 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)