## 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.
Please rate the CURRENT (i.e. LAST 2 WEEKS) SEVERITY of your insomnia problem(s).

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

4. How SATISFIED/DISSATISFIED are you with your CURRENT sleep pattern?
$\begin{array}{ccccc}\text { Very Satisfied } & \text { Satisfied } & \text { Moderately Satisfied } & \text { Dissatisfied } & \text { Very Dissatisfied } \\ 0 & 1 & 2 & 3 & 4\end{array}$
5. How NOTICEABLE to others do you think your sleep problem is in terms of impairing the quality of your life?

Not at all
Noticeable A Little Somewhat Much Very Much Noticeable 0

1
2
3
4
6. How WORRIED/DISTRESSED are you about your current sleep problem?
Not at all Worried
0
A Little
1
Somewhat
2
Much
3
Very Much Worried 4
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?

Not at all
Interfering A Little Somewhat Much Very Much Interfering
0
1
2
3
4

## Guidelines for Scoring/Interpretation:

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

