## **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? Very Satisfied Satisfied Moderately Satisfied Dissatisfied Very Dissatisfied 0 1 2 3 4							
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 0	A Little 1	Somewhat 2	Much 3	Very Much Noticeable 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 0	A Little 1	Somewhat 2	Much 3	Very Much 4	Interfering	
Guidelines for Scoring/Interpretation:							
Add the scores	s for all seven ite	ms (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)