

Insomnia Severity Index (ISI)

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).

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?

☐ 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?

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

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

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 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?

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

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)