

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 0 Satisfied 1 Moderately Satisfied 2 Dissatisfied 3 Very Dissatisfied 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 Interfering 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)