



The Insomnia Severity Index has seven questions. The seven answers are added to get a total score. Once you total your score please proceed to the “Guidelines for Scoring / Interpretation” below to see where your sleep difficulty fits.

For each question, please circle the number that best fits your response over the last 2 weeks.

	None	Mild	Moderate	Severe
1. Difficulty falling asleep	0	1	2	3
2. Difficulty staying asleep	0	1	2	3
3. Problems waking up too early	0	1	2	3

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 the quality of your life?

Not at all	A little	Somewhat	Much	Very much
0	1	2	3	4

6. How **Worried / Distressed** are you about your current sleep problem?

Not at all	A little	Somewhat	Much	Very much
0	1	2	3	4

7. To what extent do you consider your sleep problem to **Interfere** with your daily function (concentration, mood, fatigue, work, chores, memory, mood, etc...)

Not at all	A little	Somewhat	Much	Very much
0	1	2	3	4

Guidelines for Scoring / Interpretation: Add scores of all seven questions _____

- 0-7 = No clinically significant Insomnia
- 8-14 = Subthreshold Insomnia
- 15-21 = Clinical Insomnia (moderate severity)
- 22- 28 = Clinical Insomnia (severe)