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.

1. Difficulty falling asleep
   - None 0
   - Mild 1
   - Moderate 2
   - Severe 3

2. Difficulty staying asleep
   - None 0
   - Mild 1
   - Moderate 2
   - Severe 3

3. Problems waking up too early
   - None 0
   - Mild 1
   - Moderate 2
   - Severe 3

4. How Satisfied / Dissatisfied are you with your Current sleep pattern
   - Very Satisfied 0
   - Satisfied Moderately 1
   - Satisfied 2
   - Dissatisfied 3
   - Very Dissatisfied 4

5. How Noticeable to others do you think your sleep problem is in terms of the quality of your life?
   - Not at all 0
   - A little 1
   - Somewhat 2
   - Much 3
   - Very much 4

6. How Worried / Distressed are you about your current sleep problem?
   - Not at all 0
   - A little 1
   - Somewhat 2
   - Much 3
   - Very much 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 0
   - A little 1
   - Somewhat 2
   - Much 3
   - Very much 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)

used via courtesy of www.myhealth.va.gov from Charles Morin, PhD