**insomnia test analysis**

1. **Difficulty falling a sleep 4 points)**

None(0)

Moderate(1)

Severe(3)

Very (4)

2- **Difficulty staying a sleep(4 points)**

None(0)

Moderate(1)

Severe(3)

Very (4)

3- **Problem waking up too early(4 points)**

None(0)

Moderate(1)

Severe(3)

Very (4)

4-**How satisfied/dissatisfied are you with your current sleep pattern? (4 points)**

Satisfied(0)

Somewhat Satisfied(1)

Dissatisfied(3)

Very Dissatisfied(4)

5-**To what extent do you consider your sleep problem to INTERFERE with your daily functioning ? (4 points)**

Not at all Interfering(0)

A Little(1)

Much(3)

Very Much Interfering(4)

6-**How NOTICEABLE to others do you think your sleeping problem is in terms of impairing the quality of your life? (4 points)**

Not at all Noticeable(0)

Barely(1)

Much(3)

Very Much Noticeable(4)

7-**How WORRIED/stressed are you about your current sleep problem? (4 points)**

Not at all(0)

A Little(1)

Much(3)

Very Much(4)

**Insomnia test results :**

النتيجه الاولى :

0 – 7

Your Insomnia score is : score

Level : None/low

Instructions : Your psychological state in terms of Insomnia is very good and there is no need to be afraid, all you have to do is relax and take a rest.

If you want to be sure, you can contact a specialist therapist through our website to better diagnose your condition.

النتيجه الثانيه :

8 - 14

Your Insomnia score is : score

Level : Subthreshold Insomnia

Instructions : Your result of your test in terms of Insomnia is good, and not in a dangerous situation, you can just get comfortable and get away from any source of pressure around you so that you can lead a normal life.

If you want to be sure, you can contact a specialist therapist through our website to better diagnose your condition.

النتيجه الثالثه :

15 - 21

Your Insomnia score is : score

Level : Clinical Insomnia (Moderate)

Instructions : The result of your psychological test in terms of Insomnia is considered moderate, not dangerous, but it must be treated before it increases. We advise you to refer to a psychotherapist who specializes in Insomnia, and you should take a sufficient amount of rest and stay away from everything that causes you inconvenience as soon as possible.

If you want to be sure, you can contact a specialist therapist through our website to better diagnose your condition.

النتيجه الرابعه :

22 - 28

Your Insomnia score is : score

Level : Clinical Insomnia (Severe)

Instructions : The result of your psychological test in terms of Insomnia is considered severe , you should see a psychotherapist specializing in Insomnia disorders as soon as possible, and you must take a sufficient amount of rest and stay away from everything that causes you inconvenience while continuing the psychological sessions to get psychological comfort away from pressure.

If you want to be sure, you can contact a specialist therapist through our website to better diagnose your condition.