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## **Insomnia Severity Index (ISI) (Last 2 Weeks)**

Dr.Mohsin Qayyum							
Please rate the SEVERITY of your sleep difficulties in the LAST 2 WEEKS.							

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## 2. Difficulty staying asleep:

Answer: 0 - None

Please rate the SEVERITY of your sleep difficulties in the LAST 2 WEEKS.

3. Problem waking up too early in the morning:

Answer: 0 - None

4. How SATISFIED/DISSATISFIED are you with your current sleep pattern in the LAST 2 WEEKS?

Answer: 0 - Very Satisfied

5. To what extent do you consider your sleep problem to INTERFERE with your daily functioning (e.g., daytime fatigue, ability to function at work/daily chores, concentration, memory, mood), in the LAST 2 WEEKS.

Answer: 0 - Not at all Interfering

6. How NOTICEABLE to others do you think your sleeping problem is in terms of impairing the quality of your life, in the LAST 2 WEEKS?

Answer: 0 - Not at all Noticeable

7. How WORRIED/DISTRESSED are you about your current sleep problem, in the LAST 2 WEEKS?

Answer: 0 - Not at all

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