

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	<input checked="" type="radio"/>	1	2	3	4
2. Difficulty staying asleep	0	1	<input checked="" type="radio"/>	3	4
3. Problems waking up too early	0	1	2	<input checked="" type="radio"/>	4

4. How SATISFIED/DISSATISFIED are you with your CURRENT sleep pattern?

Very Satisfied Satisfied Moderately Satisfied Dissatisfied Very Dissatisfied
0 1 2 3 ☒

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 A Little Somewhat Much Very Much Noticeable
0 1 2 ☒ 4

6. How WORRIED/DISTRESSED are you about your current sleep problem?

Not at all
Worried A Little Somewhat Much Very Much Worried
0 1 2 3 ☒

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 A Little Somewhat Much Very Much Interfering
0 1 ☒ 3 4

Guidelines for Scoring/Interpretation:

Add the scores for all seven items (questions 1 + 2 + 3 + 4 + 5 + 6 + 7) = 18 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)