Insomnia Severity Assessment (ISI-Aligned, AI Version)

Purpose: Screen severity of insomnia symptoms
Time frame: *Over the last 2 weeks*
Use case: Sleep complaints, fatigue, burnout, depression/anxiety support
Nature: Screening tool (not a diagnosis)

Instruction to user:

The following questions relate to your sleep over the **past two weeks**.
Please choose the option that best describes your experience.

Response Options & Weights (Used Across Questions)

Each question has **5 options**, scored **0–4**.

Q1. Difficulty falling asleep

- **0** – I had no difficulty falling asleep.

- **1** – I had mild difficulty falling asleep.

- **2** – I had moderate difficulty falling asleep.

- **3** – I had severe difficulty falling asleep.

- **4** – I had very severe difficulty falling asleep.

Q2. Difficulty staying asleep (waking up during the night)

- **0** – I had no difficulty staying asleep.

- **1** – I had mild difficulty staying asleep.

- **2** – I had moderate difficulty staying asleep.

- **3** – I had severe difficulty staying asleep.

- **4** – I had very severe difficulty staying asleep.

Q3. Waking up too early and not being able to return to sleep

- **0** – I did not wake up too early.

- **1** – I woke up slightly earlier than desired.

- **2** – I woke up moderately earlier than desired.

- **3** – I woke up much earlier than desired.

- **4** – I woke up far too early and could not return to sleep.

Q4. Satisfaction with current sleep pattern

- **0** – I am very satisfied with my current sleep pattern.
- **1** – I am fairly satisfied with my current sleep pattern.
- **2** – I am neither satisfied nor dissatisfied with my sleep.
- **3** – I am fairly dissatisfied with my sleep pattern.
- **4** – I am very dissatisfied with my sleep pattern.

Q5. Impact of sleep problems on daily functioning

- **0** – My sleep problems did not interfere with my daily functioning.
- **1** – My sleep problems interfered a little with daily functioning.
- **2** – My sleep problems interfered moderately with daily functioning.
- **3** – My sleep problems interfered a lot with daily functioning.
- **4** – My sleep problems interfered extremely with daily functioning.

Q6. Noticeability of sleep problems to others

- **0** – Others did not notice any sleep-related problems.
- **1** – Others noticed my sleep problems slightly.
- **2** – Others noticed my sleep problems moderately.
- **3** – Others noticed my sleep problems a lot.
- **4** – Others noticed my sleep problems extremely.

Q7. Worry or distress caused by sleep problems

- **0** – I was not worried or distressed about my sleep problems.
- **1** – I was slightly worried or distressed.
- **2** – I was moderately worried or distressed.
- **3** – I was very worried or distressed.
- **4** – I was extremely worried or distressed.

Scoring Logic (AI-Ready)

Total ISI Score = Sum of Q1 to Q7

Range = 0 – 28

Severity Interpretation (Standard ISI Thresholds)

Score Range Insomnia Severity

0–7   No clinically significant insomnia

8–14   Subthreshold (mild) insomnia

15–21   Moderate clinical insomnia

22–28   Severe clinical insomnia

Screening only — not a medical diagnosis

AI Decision Rules

- **ISI 0–7** → Sleep hygiene education
- **ISI 8–14** → Behavioral sleep strategies + monitoring
- **ISI ≥ 15** → Recommend professional sleep/mental health support
- **ISI ≥ 22** → High-priority escalation

Strongly correlate with **PHQ-9, GAD-7, burnout, PSQI**

Panel-Ready One-Liner

"Our insomnia module uses an ISI-aligned screener to rapidly quantify sleep difficulty severity and guide timely non-pharmacological or professional interventions."

Why ISI Works Well in Your Stack

- Very fast (7 questions)
- High clinical acceptance
- Tracks treatment response well
- Bridges **sleep ↔ anxiety ↔ depression**