

# Insomnia Severity Index

Patient's Name \_\_\_\_\_

Date \_\_\_\_\_

For each question, make a single selection to check a box. Click the button to clear the form if needed.

**1. Please rate the current (last 2 weeks) SEVERITY of your insomnia problem(s).**

<i>None</i>	<i>Mild</i>	<i>Moderate</i>	<i>Severe</i>	<i>Very</i>
0	1	2	3	4

Score

**Difficulty falling asleep**

**Difficulty staying asleep**

**Problem waking up too early**

**2. How SATISFIED/dissatisfied are you with your current sleep pattern?**

<i>Very</i> <i>Satisfied</i>	<i>Satisfied</i>	<i>Somewhat</i> <i>Satisfied</i>	<i>Dissatisfied</i>	<i>Very</i> <i>Dissatisfied</i>
0	1	2	3	4

**3. 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, etc.)**

<i>Not at all</i> <i>Interfering</i>	<i>A Little</i> <i>Interfering</i>	<i>Somewhat</i> <i>Interfering</i>	<i>Much</i> <i>Interfering</i>	<i>Very Much</i> <i>Interfering</i>
0	1	2	3	4

**4. How NOTICEABLE to others do you think your sleep problem is in terms of impairing the quality of your life?**

<i>Not at all</i> <i>Noticeable</i>	<i>A Little</i> <i>Noticeable</i>	<i>Somewhat</i> <i>Noticeable</i>	<i>Much</i> <i>Noticeable</i>	<i>Very Much</i> <i>Noticeable</i>
0	1	2	3	4

**5. How WORRIED/distressed are you about your current sleep problem?**

<i>Not at all</i> <i>Worried</i>	<i>A Little</i> <i>Worried</i>	<i>Somewhat</i> <i>Worried</i>	<i>Much</i> <i>Worried</i>	<i>Very Much</i> <i>Worried</i>
0	1	2	3	4

TOTAL  
Score

**Guidelines for Scoring/Interpretation:**

The total score is the sum of all seven items. Total score ranges from 0-28.

- 0 - 7      No clinically significant insomnia
- 8 - 14    Subthreshold insomnia
- 15 - 21   Clinical insomnia (moderate severity)
- 22 - 28   Clinical insomnia (severe)