

Figure 2

Insomnia Severity Index Test

The *Insomnia Severity Index* is a self-reported questionnaire that consists of seven items to measure patients' perceptions of their insomnia.

Please rate the past week's severity of your insomnia problems.	None	Mild	Moderate	Severe	Very Severe
1. Difficulty falling asleep:	0	1	2	3	4
2. Difficulty staying asleep:	0	1	2	3	4
3. Problem waking up too early:	0	1	2	3	4
	Very satisfied				Very dissatisfied
4. How satisfied/dissatisfied are you with your current sleep patterns?	0	1	2	3	4
	Not at all				Very much
5. To what extent do you consider your sleep problem to interfere with your daily functioning (eg, daytime fatigue, mood, memory, etc.)?	0	1	2	3	4
6. How noticeable to others do you think your sleeping problem is in terms of impairing the quality of your life?	0	1	2	3	4
7. How worried/distressed are you about your current sleep problem?	0	1	2	3	4

Scoring: 0-7-No clinically significant insomnia; 8-14-Sub-threshold insomnia; 15-21-Moderate clinical insomnia; 22-28-Severe clinical insomnia

Source: Adapted from: Morin CM. *Insomnia: Psychological assessment and management*. Guilford, New York, 1993. Information obtained online at http://eprints.qut.edu.au/archive/00000707/01/Frequency_of_Insomnia.pdf.