

# Insomnia

Harvard Medical School | Division of Sleep Medicine | Sleep and Health Education

## Insomnia Severity Index

### INSTRUCTIONS

- For each item, select one answer.
- Add up your points.
- Use the interpretation guide to understand your score.

Please rate the CURRENT (i.e., LAST 2 WEEKS) SEVERITY of your insomnia problem(s).

Insomnia Problem	None	Mild	Moderate	Severe
1. Difficulty falling asleep	0	1	2	3
2. Difficulty staying asleep	0	1	2	3
3. Problems waking up too early	0	1	2	3

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

Very Satisfied	Satisfied	Moderately Satisfied	Dissatisfied	Very Dissatisfied
0	1	2	3	4

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	3	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	4

7. To what extent do you consider your sleep problem to INTERFERE with your daily function (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	2	3	4

**Source:** Morin CM, Belleville G, Bélanger L, Ivers H. The Insomnia Severity Index: psychometric indicators to detect insomnia cases and evaluate treatment response. *Sleep*. 2011 May 1;34(5):601-8. Used with permission.

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## GUIDELINES FOR SCORING AND INTERPRETATION:

- Add up scores for #1 - 7 to receive your total score.
- Use the following total scoring classification below:
  - None/Minimal: 0 - 7
  - Subthreshold insomnia: 8 - 14
  - Clinical insomnia, moderate: 15 - 21
  - Clinical insomnia, severe: 22 - 28

After your self-evaluation, make sure to discuss your results and any concerns with your doctor.