

Insomnia Severity Index

Please rate the **past week's** severity of your insomnia problems

	None	Mild	Moderate	Severe	Very Severe
Difficulty falling asleep	0	1	2	3	4
Difficulty staying asleep	0	1	2	3	4
Problems waking up too early	0	1	2	3	4
	Very satisfied	←-----	-----	-----→	Very dissatisfied
How satisfied/dissatisfied are you with your current sleep patterns?	0	1	2	3	4
	not at all	←-----	-----	-----→	Very much
To what extent do you consider your sleep problem to interfere with your daily functioning (e.g., daytime fatigue, mood, memory, etc.)?	0	1	2	3	4
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
How worried/distressed are you about your current sleep problem?	0	1	2	3	4

Comments: