

Insomnia Severity Index (ISI)

The Insomnia Severity Index (ISI) is a brief questionnaire used to assess the nature, severity and impact of insomnia in adults. It is often used in clinical research as well as in clinical settings to monitor changes in symptoms over time.

Number of questions	7 questions
Estimated duration	1 minute
Language	English
Original name	Insomnia Severity Index
Target audience	Adults
Authors	Charles M. Morin, Maurice Savard, Jacques Bernard, Lise Corsale (1993)
Category	General

Preview of the 7 questions

Please estimate the current severity (past month) of your sleep difficulties:

Trouble falling asleep

None | Mild | Moderate | Very severe | Extremely severe

Please estimate the current severity (past month) of your sleep difficulties:

Trouble staying asleep

None | Mild | Moderate | Very severe | Extremely severe

Please estimate the current severity (past month) of your sleep difficulties:

Problems with waking up too early in the morning

None | Mild | Moderate | Very severe | Extremely severe

How satisfied or dissatisfied are you with your current sleep?

Very satisfied | Satisfied | Fairly neutral | Dissatisfied | Very dissatisfied

To what extent do you feel your sleep difficulties disrupt your daily functioning?

(For example: fatigue, concentration, memory, mood...)

Not at all | Slightly | Moderately | Very much | Extremely

Scoring & interpretation

Each item is rated on a scale from 0 to 4; total scores range from 0 to 28. A score between 0-7 indicates no clinically significant insomnia, 8-14 subthreshold insomnia, 15-21 moderate insomnia, and 22-28 severe insomnia.

Usage

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