

Athens Insomnia Scale (AIS)

Category: Sleep | Items: 8 | Time: ~2 min

Description / When to Use

8-item scale based on ICD-10 insomnia criteria for clinical assessment.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 8 items in this scale. Estimated completion time: 2 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

0 = None | 1 = Mild | 2 = Moderate | 3 = Severe | 4 = Very severe

Scoring Guide

Sum all 8 items scored 0-3. Total range 0-24. Score ≥ 6 indicates insomnia.

Cutoff Interpretation

Score Range	Severity	Recommended Action
0-5	No insomnia	None
6-10	Mild insomnia	Sleep hygiene
11-17	Moderate insomnia	Consider treatment
18-24	Severe insomnia	Active treatment

Psychometric Properties

Cronbach's alpha: 0.87 | Test-retest reliability: 0.85

Validity: High diagnostic agreement with ICD-10 criteria.

License

Free to use with citation

Citation (APA Format)

Soldatos, C. R., Dikeos, D. G., & Paparrigopoulos, T. J. (2000). Athens Insomnia Scale. *Psychiatrica Scandinavica*, 107(1), 5-10.

DOI: 10.1046/j.0001-690x.2002.01866.x

URL: <https://pubmed.ncbi.nlm.nih.gov/12558572/>