

Insomnia Severity Index (ISI)

Category: Sleep | Items: 7 | Time: ~2-3 min

Description / When to Use

Brief screening measure for insomnia severity and outcomes.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 7 items in this scale. Estimated completion time: 2-3 min.

Scale Items

1. Difficulty falling asleep
2. Difficulty staying asleep
3. Problem waking up too early
4. Satisfied with current sleep pattern
5. Sleep problem noticeable to others
6. Worried about current sleep problem
7. Sleep problem interferes with daily functioning

Scoring Guide

Score according to instrument-specific rules. See original publication.

Cutoff Interpretation

Score Range	Severity	Recommended Action
0–7	No clinically significant insomnia	None
8–14	Subthreshold insomnia	Sleep hygiene education
15–21	Moderate insomnia	Consider treatment
22–28	Severe insomnia	Active treatment

Psychometric Properties

See original validation study for reliability and validity data.

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Citation (APA Format)

Bastien, C. H., Vallieres, A., & Morin, C. M. (2001). Validation of the Insomnia Severity Index. *Sleep*, 24(2), 297-298.

DOI: 10.1093/sleep/24.2.297

URL: <https://pubmed.ncbi.nlm.nih.gov/11322725/>

Disclaimer: Sum all 7 items scored 0-4. Total range 0-28.