UNIVERSITY OF MICHIGAN DEPRESSION CENTER

Insomnia Severity Index

www.DepressionToolkit.org

University of Michigan Depression Center

This tool is intended to help you begin to explore the role sleep and possible sleep problems play in your daily life. It is not intended to take the place of an evaluation by a trained medical professional. If you are having trouble sleeping or if you believe you may be suffering symptoms of depression, talk to your healthcare provider.

Below are a series of questions related to your current sleeping habits and problems or concerns you may have related to your sleep. Select the best answer for each question and refer to the guidelines below for scoring and interpreting your results.

1. Rate the severity of your sleeping problem(s) during the past two weeks:

	None	Mild	Moderate	Severe	Very Severe
a. Difficulty falling asleep	0	1	2	3	4
b. Difficulty staying asleep	0	1	2	3	4
c. Problems waking up too early	0	1	2	3	4

2. How satisfied/dissatisfied are you with your current sleep pattern?

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

3. To what extent do you consider your sleep problem to interfere with your daily functioning (such as daytime fatigue, ability to function at work, ability to complete daily chores, concentration, memory, mood, etc.)

Does not Interfere at All	Interferes A Little	Interferes Somewhat	Interferes Quite a Bit	Interferes Very Much
0	1	2	3	4

4. How noticeable do you your sleeping problem is to other people?

Not at All Noticeable	A Little Bit Noticeable	Somewhat Noticeable	Quite Noticeable	Very Noticeable
0	1	2	3	4

5. How worried or distressed are you about your current sleep problem?

Not at All Worried	A Little Bit Worried	Somewhat Worried	Quite Worried	Very Worried
0	1	2	3	4

Guidelines for scoring and interpreting your responses

Add the scores for each of the seven items above(note that question #1 has three different parts). Your total score will range from 0 to 28.

Total =	0 – 7	No indication of significant insomnia
	8-14	Near the threshold for clinical insomnia
	15-21	Indicates the presence of moderate clinical insomnia
	22-28	Indicates the presence of severe clinical insomnia

©C.M. Morin, 1993

For More Information
University of Michigan Depression Center
800-475-6424 www.depressioncenter.org ©2003-2010 Regents of the University of Michigan

SAMPLE