

Insomnia Self-Check Tool

Mental health and sleep quality can be connected. The **Insomnia Severity Index (ISI)** is a short questionnaire that can help you reflect on how sleep and possible sleep problems may be affecting your daily life. It's not a diagnosis. After completing the questionnaire, share your results with your doctor or health care provider to discuss your sleep quality.

Instructions

Read the statements listed below and circle the number that best describes your experience for each question. Add all your points and refer to page two to find out what your score means.

Rate the severity of the sleeping problems below during the past two weeks:	Never	Once in a while	1 or 2 times per week	3 to 5 days per week	Nearly every day
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

How do you feel about your current sleep patterns?

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

To what extent do your sleep problems interfere with your daily functioning, such as daytime fatigue, ability to function at work, ability to complete daily chores, concentration, memory, mood, etc.?

Not at all	Interferes a little	Interferes somewhat	Interferes quite a bit	Interferes very much
0	1	2	3	4

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

Not noticeable	A little bit noticeable	Somewhat noticeable	Quite noticeable	Very noticeable
0	1	2	3	4

How worried or distressed are you about your current sleeping problem?

Not at all worried	A little bit worried	Somewhat worried	Quite worried	Very worried
0	1	2	3	4

What does your score mean?

0–7 points: No significant insomnia. Your sleep is generally on track. Keep supporting it with healthy sleep habits.

8–14 points: Near the threshold for clinical insomnia. You may be having some sleep difficulties. If this continues, consider talking with a health care provider.

15–21: Moderate clinical insomnia. Your sleep problems may be affecting your daily life. It’s a good idea to discuss this with a health care professional.

22-28: Severe clinical insomnia. Your sleep difficulties are serious. Making an appointment with a health care provider or sleep specialist is strongly recommended.

For more mental health educational resources, visit depressioncenter.org/toolkit. This document provides general educational information developed by the Eisenberg Family Depression Center. It is not a substitute for a professional diagnosis or medical advice. Please consult your health care provider if you have questions about your health or treatment options.