**Insomnia Severity Index (ISI)**  
(Clinician Version)

*Instructions for completing the Insomnia Severity Index (Clinician version).* The clinician should complete all ISI items based on a clinical interview with the patient; it is preferable not to ask the ISI questions verbatim to the patient in order to preserve some degree of independence between the patient’s and clinician’s versions of the ISI.

For the first three questions, please rate the **SEVERITY** of his/her sleep difficulties in the **last two weeks**.

1. **Difficulty falling asleep:**
   - None
   - Mild
   - Moderate
   - Severe
   - Very Severe

   0 1 2 3 4

2. **Difficulty staying asleep:**
   - None
   - Mild
   - Moderate
   - Severe
   - Very Severe

   0 1 2 3 4

3. **Problem waking up too early in the morning:**
   - None
   - Mild
   - Moderate
   - Severe
   - Very Severe

   0 1 2 3 4

4. **How Satisfied/Dissatisfied is he/she with his/her current sleep pattern?**
   - Very Satisfied
   - Satisfied
   - Neutral
   - Dissatisfied
   - Very Dissatisfied

   0 1 2 3 4

5. **To what extent do you consider his/her sleep problem to INTERFERE with his/her daily functioning (e.g., daytime fatigue, ability to function at work/daily chores, concentration, memory, mood).**
   - Not at all Interfering
   - A little Interfering
   - Somewhat Interfering
   - Much Interfering
   - Very Much Interfering

   0 1 2 3 4

6. **How NOTICEABLE to others do you think his/her sleeping problem is in terms of impairing the quality of his/her life?**
   - Not at all Noticeable
   - A little Noticeable
   - Somewhat Noticeable
   - Much Noticeable
   - Very Much Noticeable

   0 1 2 3 4

7. **How WORRIED/distressed is he/she about his/her current sleep problem?**
   - Not at all
   - A Little
   - Somewhat
   - Much
   - Very Much

   0 1 2 3 4
Guidelines for Scoring/Interpretation:

Add scores for all seven items = ______
Total score ranges from 0-28

0-7 = No clinically significant insomnia
8-14 = Subthreshold insomnia
15-21 = Clinical insomnia (moderate severity)
22-28 = Clinical insomnia (severe)